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THE  
**HOME DOCTOR:**

OR,

**FAMILY MANUAL,**

GIVING THE

**CAUSES, SYMPTOMS, AND TREATMENT OF DISEASES;**

WITH AN ACCOUNT OF

THE SYSTEM WHILE IN HEALTH, AND RULES FOR PRE-  
SERVING THAT STATE,

APPENDED TO WHICH ARE

RECIPES FOR MAKING VARIOUS MEDICINES AND ARTI-  
CLES OF DIET FOR THE SICK ROOM.

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THE WHOLE WRITTEN FOR GENERAL USE BY

**JOHN B. NEWMAN, M. D.,**

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STRATFORD:

PRINTED AND PUBLISHED BY VIVIAN & CO.  
1864.



## P R E F A C E .

**THERE** is an anecdote about an ass, laden with salt, passing a brook, the water of which dissolved most of the salt, and carried it off, to the great joy of the ass, who was thus unexpectedly relieved from his burden. On communicating his discovery to a brother ass, laden with wool, the latter took occasion to cross the brook, but instead of having his load lightened, was obliged, to his great chagrin, to carry three times the former weight.

In the same position as the advised animal, many persons find themselves, who, on feeling unwell, have been induced to try a remedy which had cured some one else, merely on the supposition that as their disease was perhaps of the same nature, it would cure them. And if unfortunate results do not always follow when medicines are prescribed at random, and in ignorance, it is surely a matter of chance. But there should be some guide of proceeding when accidents occur, and the physician cannot be obtained; or when, as in the country, he lives at a distance of many miles. At those times a prompt and accurate prescriber is invaluable, and such it is the object of this book to become.

Last year my name was used without my permission, in an indirect manner, in connection with a compilation of scraps, got up for the purpose of selling as a "doctor book." This determined me to write a book on the subject, that would be really useful, and capable of being understood by every family in the land; and the present undertaking is the fulfilment of that intention.

The symptoms of each disease are carefully given, so that one kind may be recognised from another, to prevent practising in the dark; also. the treatment; a sketch of general physiology, and rules for keeping in health, together with observations on their causes, means of avoiding deleterious influences, and such other remarks as are deemed appropriate; ending with some recipes. The remedies chosen are few in number, and simple in character, and no danger can attend their administration as directed. More vegetables would have been mentioned, were it not that a book devoted solely to popular Medical Botany will accompany this, and furnish on that point all the desired information.

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# THE HOME DOCTOR.

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## PART I.

### THE SYSTEM IN A STATE OF HEALTH.

IN my garden, towering above the common flowers, is a Prince's Feather eight feet in height, and over an inch in diameter; its large, egg-shaped, awl-pointed leaves, and numerous terminal plumes of red flowers, making it a showy and imposing object. Who, upon surveying the plant in all its magnificence, would suppose that this spring it was a little seed, much smaller than a pin's head? Yet, such is the fact. That diminutive seed had a living inhabitant, which, roused to action, by the warmth of the early year, took the dirt and water that surrounded it, as materials for building up its present splendid palace.

About the same size as the seed just mentioned, is the human germ: its life-power, when once excited, takes the blood furnished it by the parent, and from it makes a heart and blood-vessels, to carry nutriment to every part, perfects the intestinal canal, bones, muscles, brain, and nervous system, until in the adult all these have attained their just dimensions, and are in complete working order.

The human body, or house of the soul, when it has attained to the same state of maturity as the Prince's Feather when flowering, contains within itself two hundred and forty-eight distinct bones, and nearly five hundred muscles: the muscle is that part of an animal

termed its flesh. It has also two brains, with their accompanying nerves: two hearts, each of which pumps a hogshead of blood an hour through it; the veins belonging to the right heart, the arteries to the left: two lungs, which principally fill up the chest, having three lobes on the right side and two on the left, the room for the third lobe being occupied by the hearts; some thirty feet of intestinal tube, part of which swells out just below the midriff, forming a bag capable of holding one or two quarts, called the stomach two kidneys, each of which sends a tube to the bladder and finally, numberless glands scattered through the body for the manufacture of various secretions, as tears, bile, and spittle.

The human body is divided, anatomically, into the head, trunk, superior extremities, or arms, inferior extremities, or legs.

The trunk is subdivided into three parts:

The chest, or thorax, containing the lungs and hearts

The belly, or abdomen, containing the stomach spleen, pancreas, sweet-breads, intestines and liver.

The pelvis, or that part within the hips, containing the bladder and rectum, or lower portion of the intestines.

The chest and belly are divided from each other by the midriff, or diaphragm.

When food is taken into the mouth, the first act of digestion is performed by the spittle, or saliva, being poured out upon it from the salivary glands around the mouth: it is then swallowed, descending a part of the intestinal tube, called esophagus, into the stomach; where there, the stomach pours out a juice upon it which completely dissolves it and changes its whole character, turning it into a grayish looking fluid called chyme: no matter what kind of food has been eaten, the chyme is exactly the same quality. The stomach contracts on itself and the chyme is pushed further down the intestinal tube; soon after leaving the stomach it passes by a small canal leading to the liver and sweetbreads, through which a mixed liquor runs (composed of bile from the liver and the secretion of the sweetbreads)

this separates the chyme into two parts, chyle, or milk, and excrementitious matter, which last traverses the bowels and is finally thrown off.

Stationed all round the intestinal tube, from this place downwards, are millions of little vessels called lacteals, or milk-carriers; these suck up the chyle, and the chyle alone, with extreme avidity, and carry it to the mesenteric glands to be further evaporated; after leaving them it is carried to the chest duct, from whence it is deposited in a reservoir of venous blood in the neck; the right heart then takes charge of it and pumps it through the lungs, where it receives its last degree of purification.

From the lungs it is carried to the left heart, and by it and the arteries taken to every part of the system to supply its wants. The arteries continually subdivide until they terminate into minute cells: opening into these little bladders or cells, are three vessels: an artery, a vein and absorbent. The artery carries a drop of blood into the cell, from this the absorbent selects what it requires and carries it off; if in a muscle, fibrin is taken away; if in a bone, lime, etc., etc.; the vein sucks up what is left and carries it away.

The renal arteries go to the kidneys to supply them with the means of secreting urine; most likely with the urine, offensive articles that may have accidentally entered the blood are taken away, for turpentine and similar substances may be smelt in it almost immediately after being swallowed. The skin and kidneys seem to alternate in their functions; when there is a great deal of perspiration there is but little urine, and vice versa; every one has felt this difference in the changes induced by the warmth of summer and the cold of winter.

It has been calculated that the quantity of blood in the adult human body is about 28 pounds, of which some 22 pounds are contained in the veins and 6 pounds in the arteries.

The brain secretes the nervous fluid which is carried to all parts of the body, urging every organ to the per



formance of its proper functions; when we wish to move the arm or leg, some of this nervous fluid is sent down through the nerves to the appropriate muscles and causes their contraction and consequent obedience to our wishes.

I have mentioned that each heart pumps through it, at least one hogshead of blood per hour; one of these hogsheads passes through the lungs, and to purify it we require 140 gallons per hour of pure air for respiration. It can easily be seen from this that one person can in a very short space of time vitiate the air of a large room; hence one of the most frequent causes of disease, remaining in apartments where there is no draught and in which the air becomes poisoned. More especially is this the case in bedrooms. No person should sleep in a room in which there is not a fire-place; when this is open a good supply of pure air is certain, and by leaving a window a little open from the top a passage is secured for the foul air to escape.

As an immense amount of both sensible and insensible perspiration is continually passing off through the skin, it becomes an important object to keep the surface of the body perfectly clean. For this purpose, if we do not bathe every morning, and all have not the means of doing this, a wet sponge should be passed over the body the first thing on rising, and the rubbing dry be done with a coarse towel, so as to bring a glow over the whole surface. It may require a little effort to do this the first time, but it is done with pleasure the second, for it invariably surprises those who try, to feel the strength and lightheartedness it imparts. Cases of confirmed melancholy have been cured in this way alone, when all other means had failed.

Keep the teeth clean; use a tooth brush at least once every day. If it is unpleasant to see the hall door and steps of a house dirty, how much more unfavorably does it strike us to perceive the door to the house of the soul kept in a slovenly condition. A foul mouth ensures decaying teeth and a foul stomach, complicated with

headache. I have in some instances sent dyspeptic patients to the dentists to get their teeth cleaned and put in order, and nothing more was necessary to complete the cure.

Eat leisurely, and at regular hours; chew the food long enough to allow the spittle to mix thoroughly with it; introduce cheerful conversation at meals, and you will laugh and grow fat, or at least digest well. Let your meal consist of but few articles, and those well cooked, with as little as possible spice or seasoning; and unless you work very hard and in cold weather too, avoid fat and grease; in these circumstances they are both allowable and beneficial. Contrary to the often quoted maxim, I would advise that you never rise from the table with an appetite, that is, if there is enough at the board to satisfy: you sit down for the sole purpose of eating, and if the viands are simple there is but little danger of a surfeit. Never use tea and coffee without the addition of sugar and milk. Do not omit to partake liberally of the ripe fruits in their season.

Retire early to bed; it has been said with truth that "an hour before midnight is worth two after it." Rise early, but sleep enough to satisfy nature: many persons have been injured by lying a-bed, but few by oversleeping.

Upon retiring at night allow no clothes to remain on the body that have been worn during the day. Dress comfortably, that is, warmly and loosely. It is a good practice in our changeable climate, especially on the sea coast, to wear flannel or silk under garments the year round.

In walking or sitting always expand the chest and throw the head back; neglect of this will be sure to induce a great deal of awkwardness. In forming the habit, many persons have found it useful to practise in their own rooms, balancing weights on the head; they begin with a large and moderately heavy book, and end with a jug of water: when the last can be supported without the aid of the hands, in either a slow or rapid

walk, the cure is perfect, and an amount of ease and gracefulness attained that seemed before trying altogether incredible.

Lastly, I would earnestly impress on the minds of all the great danger of taking medicines as preventives. "Sufficient for the day is the evil thereof." Many take medicine spring and fall to keep well, and in doing this often bring on themselves the very diseases they wished to prevent.



## PART II.

## THE SYSTEM IN A STATE OF DISEASE.

Unfortunately, many persons, perhaps all, are born into this world with a predisposition to disease; at all events, if not born with it they induce the liability by their own imprudent conduct. Instead of learning the laws of health, they remain contentedly in perfect ignorance of them; the lungs are charged with foul and poisoned air, the stomach filled to surfeit with improper and highly seasoned food, or the body exposed without any guard to every atmospheric change: in truth, all these and many other causes are often combined together, and disease must be the inevitable result.

I do not wish it to be understood as meaning by this that a knowledge of physiology alone will always preserve health; something more is needed, for although to know is good, to do is better. It has been said of physicians themselves, that they are the guide-posts to health, they point to show the road, on which they seldom travel.

“They know the right and they approve it too,  
They know the wrong and yet the wrong pursue.”

And this state of things will doubtless continue until the great majority learn all about these laws, when they will become the fashion, and most probably be universally followed.

There is in the body a secret principle, which never manifests itself except to cure in disease. When unhealthy influences operate on the life-power, it sinks under them, and a chill is distinctly felt; the sinking would continue until death ensued were it not for this secret principle, called the conservative power, or *VIS MEDICATRIX NATURÆ*: this power rises up and does

battle with the injurious influence, the fever and other symptoms that are seen succeeding the chill, not being the disease itself, but merely signals thrown out by the conservative power to show that it is battling for our good.

It is on this conservative principle that the entire practice of medicine is founded.

When it can battle with the injurious influence by itself, and require no assistance, we call it, "getting well of itself."

But sometimes it fails to conquer, and we have to come to its aid.

There can be but one disease at a time in the system, but that disease may vary, as the life-power is always liable to be differently impressed by new agents.

It is the object of the physician, when the conservative principle cannot hope for success in its combat, to produce a different disease, by causing a new impression on the life-power, one which experience has told us the *vis medicatrix* can conquer.

Medicines then never cure of themselves; they only induce a different disease: it becomes a matter of great moment in consequence, to administer the most appropriate, so that the mildest effect may be produced and the patient recover as soon as possible.

Medical substances never operate by mixing with the blood and purifying it; it would be an exceedingly difficult matter for them to obtain access to the blood, and even provided they did obtain access, they would be instantly removed by either the lungs, skin or kidneys. Nature has guarded the passages to the blood-vessels with the utmost care, for it is absolutely necessary that nothing mixes with the blood: common air, one of the most harmless substances we know of, when mixed with venous blood in the veins, will cause instant death: one bubble will suffice to do this.

Whenever a cure is effected in disease it is nature that performs it, in other words, the *vis medicatrix* working for her.

Medicine improperly given will make the matter

much worse. Never prescribe unless you feel sure of the result, for greater risk in such cases is incurred by acting than by waiting.

As a general rule, gratify the longings of the patient. The lower animals know by instinct the medicines that can cure them; man, in disease, has often a development of the same nature, and to refuse what is required at such times will often injure the patient and retard the cure: sometimes the desire is morbid, and gratification would only injure: such cases I will endeavor to point out in their proper places.

#### TREATMENT OF CHILDREN.

The heat of the human body is 98 degrees, so that as sudden changes are dangerous, the newly born child should be kept in a warm place and sheltered from currents of air. It should be allowed to rest in quiet, and not handled or toyed with as is the practice of too many

It should be fed at regular hours three or four times a day, and then not allowed to suck until it has gorged itself so as to induce vomiting; its stomach soon after birth is not larger than a common thimble, so that quite a small quantity will suffice to fill it.

Wash it every morning in tepid water; fortunately the times are long past when it was considered absolutely necessary to plunge the poor little innocent in cold water; a practice thought in former years very strengthening, but which in reality was murderous.

In every case avoid giving medicines to infants. If the poor child does not sleep well at night, an opiate of some kind is administered, either paregoric or Godfrey's cordial; in some cases laudanum itself. If the bowels are bound, castor oil is given, if loose, tincture of rhubarb; and thus the nurse or mother begins by turning its stomach into a drug depot. Not even temporary benefit is obtained, and the poor child is permanently injured.

If the child cries much and is restless, examine its clothes carefully to see that nothing is producing irritation; let the room be properly warmed, a good supply of

pure air ensured and vent given to that which is foul. Feed it less frequently, for sometimes it labors under a continual surfeit. If all these means prove inefficacious and resort must be had to medicine, let it be given to the nurse, and the desired effect will be produced.— This very fact should make the nurse or mother careful with regard to her own health, for any illness in her tells at once on the child.

Rather than run much risk in the matter, when nurse or mother is diseased, it is better to bring the child up by hand: the best preparation for doing this, simulating more closely than any thing else the mother's milk is composed of:

Cows milk, two parts,  
Water, one part,

White sugar, enough to slightly sweeten.

Let it be fed to the child at the same temperature as the warm milk itself. As the child grows older and the teeth begin to appear, a diarrhoea will set in to carry the irritation off, so as to keep it from the brain. Do not heed this so long as the discharges present a natural color.— When the color of the discharge from the bowels changes, it is well, if there is much heat about the gums, to lance them. If the head becomes very warm, keep moderately cold wetted cloths around it. These means will generally give relief.

If the bowels continue loose, arrow root will often make them return to a natural state: in some such cases it will often be found advisable to add a teaspoon full of powdered chalk to a cup full of the arrow root jelly.

If the bowels are too much bound, barley water will relax them.

Children have often occasional coughs and colds; for these the wearing of flannel under-garments will suffice, together with an occasional mustard plaster laid between two cloths on the chest until redness is induced.

In cases of fits or convulsions, put them at once into a warm bath as hot as they can bear, of course less hot than would be uncomfortable to us, for their skins are more tender. When taken out of it apply strong mustard plasters



to the soles of the feet, and iced water to the head, which in extreme cases should be poured on it from a height of two or three feet. If the fit has been produced by eating too much, or something that is disagreeable, give an emetic of some 6 grains of Ipecac, if the child is under 3 years old, and 10 grains or more if over that age. The quantity, of medicine if given at all in moderation, cannot injure, as the moment vomiting is induced every thing is immediately ejected from the stomach. If the fit arises from other causes it will be well to give a table spoonful of Epsom Salts dissolved in half a glass or less of water, for a child 3 years old, increasing the dose according to the age of the child.

#### DROPSY OF THE HEAD—WATER ON THE BRAIN

Children affected with this disease frequently roll the head from side to side and put the hands up to it; as the disease progresses there is evident symptoms of pain, they acquire a stupid look: there is often sickness at the stomach and vomiting: when a light is held suddenly up to the eye, the pupil will not contract: the pulse beats very slowly, and convulsions often occur. This affection rarely or never attacks children beyond the age of 13 years. It is probably brought on by falls or blows, and most generally in children of a rickety or scrofulous constitution. It is very rarely cured. The amount of water collected on the brain varies from a gill to many pints.

When this disease is accompanied by fever it is very easy of detection, but when there is none, the first symptoms that generally alarm parents are, the dislike of being moved, costiveness and soreness of the skin on the head, and then follows the state of torpor, and the eyes often squint.

Considerable blood must be taken from the temples by leeches: the bowels operated upon by powerful purging medicines; the head shaved and ice applied to it in bladders: mustard draughts to the feet and inside of the thighs. The diet should be very light, principally bar-

ley. Keeping the bowels open and the head cool must be the extent of our aim, and these means continued either to a fortunate or fatal termination.

### RICKETS.

Easily known by the large head and protruded breast bone, the forehead stares out prominently : the ribs are flattened : the belly is very large and puffed out : the muscles soft : the joints very large in proportion to what they should be : the whole system is very weak, and every movement is made slowly and with difficulty.

As the disease progresses the belly becomes harder and the bowels very loose ; a slow fever succeeds with cough and trouble in breathing, until death finally comes to the relief of the sufferer.

It generally attacks children between the ages of nine months and two years. The object of the treatment is to build up the general health. Look well to the child's diet, let it be simple and nourishing : if the appetite is poor an emetic of 5 grains of Ipecac will be useful : if the bowels are too much bound, gentle doses of rhubarb is the best medicine to open them, as it strengthens at the same time. As the bones and the spine of the back are often distorted, means must be used to give support wherever needed. The child should wear flannel, and be much out in the open air. Warm fomentations applied to the belly will often be attended with considerable benefit. I have given in this disease Lugol's solution of Iodine, half a drop three times a day, with marked success : it must be given immediately after each meal.

### WASTING AWAY, OR ATROPHY,

In which there is a gradual wasting away of the body, without apparent fever or cough ; appetite poor ; belly rather hard, little knots being felt when the hand is pressed over it. This is to be treated in much the same way as Rickets ; raise the general health by nutritious diet, exercise in the open air, use of flannel, warm fomentations, Lugol's solution, and open bowels.

## SCROFULA,

Obtained its name from a word meaning swine, because that animal is said to be subject to it. It is mostly derived by children from their parents. It seems a defect in the constitution rather than a disease in itself. Scrofulous children are the ones affected with rickets, water in the head, etc.

It is known by a smooth fine skin, almost transparent, fair hair, rosy cheeks and joints large in proportion to the rest of the body: the upper lip is prominent and the eyes often very bright. It often gives notice of its appearance after the third year by little round or egg-shaped tumors under the skin appearing mostly on the sides of the neck. It seems as if they were occasioned by colds, as they appear almost always in winter and spring; the swelling once produced, nature has no power to remove it, and there the swellings generally remain unattended by pain or discoloring of the skin: sometimes the joints are affected.

The tumors sometimes continue through life without any apparent alteration; but more generally they at length become larger, of a purple or livid color, form matter and break, not at one point, but into many little holes from which a thickish watery discharge oozes, in which is mixed little substances resembling milk curds. The tumors at length empty themselves, but open sores remain for sometime afterwards, eating their way in various directions: if any heal, an ugly puckered up spot remains, and fresh swellings arise and break in other parts of the body. Sometimes after continuing in this way for years, all dry up and disappear.

In other cases the eyes become affected and blindness results; so with the ears, and deafness ensues: the joints also enlarge, and hence those dreadful cases of white swelling.

The great object in the treatment is to improve the general health; for this purpose, the means recommended in rickets may be advantageously used; but the main reliance in every case must be placed in the prep-



arations of Iodine, particularly Lugol's solution. The treatment of scrofulous sores does not vary much from that used for other kinds.

#### WATER CURE TREATMENT OF INFANTS BY PRIESSNITZ.

In derangements of the stomach and bowels, a soft wet bandage is applied, or the child placed up to the waist in water luke-warm; the bowels being gently rubbed; an injection of cold or tepid water is now and then given.

When the fever that accompanies teething arises to too great a height, a well wrung bandage is applied to every part of the shoulders and chest in the manner of a shawl; when it becomes hot it must be renewed.

In all feverish complaints, he wraps the child in a wet sheet, which is renewed when it becomes warm; the child is then put in a tepid bath: it is kept as much as possible in bed.

He applies the same treatment to the eruptive diseases, such as measles, small pox and scarlet fever, and it is said with signal success.

#### SORE MOUTH.

This always indicates some derangement in the functions of the stomach, and should therefore be placed under the head of

#### FOUL STOMACH.

Which is denoted by little spots around the inside of the mouth, causing a disagreeable sensation; sometimes hoarseness, feeling of nausea and loss of appetite, headache often, and costiveness.

Abstinence from food and ceasing to work will effect a cure, which may be rapidly hastened by an Ipecac emetic of about 20 grains, or warm boneset tea.

#### HEART-BURN.

An uneasy feeling about the stomach, with a sensation of anxiety; a heat more or less violent, attended in some instances with oppression and faintness, an

inclination to vomit, and often a quantity of a clear fluid rising up into the mouth, called by some, a water brash.

About eight years ago I was inflicted in this way for upwards of three weeks, and though I tried all the usual remedies, could not obtain the slightest relief. At last my spirits were completely depressed; I despaired, and a feeling of intense melancholy, almost amounting to hypochondria, took possession of me. While in this state, a country gentleman advised my eating a raw carrot, assuring me it would procure relief, as he had often seen it tried without ever failing. I foolishly thought the remedy too simple, and suffered for two days more. On the third day after receiving the advice, I was passing a stand where some carrots were exposed for sale, and my agony, for it then amounted to such, being great, I purchased one. I had hardly swallowed a mouthful when I obtained complete relief. Some two years since the heart-burn returned, and continued during the forepart of the day; I sent for another carrot and the effect was directly the same as before. I have extensively recommended it, and with the most signal success.

The most common remedies used are pearlash or soda, half a tea spoonful of either being dissolved in water and swallowed. Heart-burn is considered by many as only the first stage of

#### DYSPEPSIA, OR INDIGESTION.

In addition to the symptoms of heart-burn, there is a sensation of pain and heaviness on the left side some two hours after eating; various eructations from the stomach, often attended with severe pain, gnawing in the stomach when empty, a feeling of tightness and uneasiness in the throat, costiveness habitual, seldom warm, pale countenance, languor, palpitation of the heart and disturbed sleep.

It is a singular feature of dyspepsia, that it often continues for a long time without either aggravation or

remission, owing to the peculiar chronic diseased state of the stomach.

As the unhealthy stomach must perform a certain amount of work to allow the patient even to live, it should be allowed to perform it with the least possible amount of effort; and consequently, only that kind of food taken that can be digested with the greatest ease.

The very weight of the food is an object of consideration, so that even the arrow-root and sago and rice should be boiled down and strained, so as to get it if possible in the form of jelly. Next to this, bread that has been baked two or three days, and water, is the best diet. Dyspeptic patients are often afraid of lowering their diet for fear of starvation, but there is no danger of that, the disease would give way without danger to themselves, if they would only starve it out.

In some cases meat or animal jelly is beneficial; if the patient feels a longing for it he can try a very little, and provided no ill results follow, repeat the dose.

Relief is often obtained from the excessive pains by applying a strong mustard plaster over the stomach, or if that does not succeed, a blister of Spanish flies. either will produce counter irritation and give ease.

The bowels must be kept gently open at all hazards; castor oil and rhubarb are very useful in such cases. A good dyspeptic dinner pill is made by mixing

Pulv. Aloes 3 grains,

“ Rhubarb 3 “

Ext. Henbane 1 “

This should be taken immediately after dinner each day, and if it does not succeed in keeping the bowels open, add one grain more of both aloes and rhubarb; the henbane relieves pain by acting as a sedative.

For the rest, use daily either the cold or warm bath, whichever is the most beneficial, walk, or ride on horse-back; sawing wood is an excellent exercise, and remember that the more work the better, and provided the system is not exhausted; pure air, regular hours, and a relaxed and amused state of mind will effect a cure.

Sometimes when a patient has been dyspeptic for months or years and been wrongly treated, nature becomes irritated at the delay, and the vis medicatrix at once effects a cure by a severe

#### VOMITING OF BLOOD FROM THE STOMACH.

This, when it occurs, is generally preceded by a sense of weight and anxiety in the region of the stomach; it is unaccompanied by cough; there is generally a considerable quantity discharged: it is of a dark color and often comes up in solid lumps, in some cases mixed with food. These marks are highly necessary, to distinguish it from bleeding at the lungs.

This is rarely as dangerous as it seems, relating as it does mostly to other diseases. Where the bowels have been previously much confined, a purgative is useful, such as epsom salts or cold boneset tea; an injection may also precede this. If there is much pain, apply a strong mustard plaster to the pit of the stomach, or a blister of Spanish flies if that does not give relief. The diet should be light, and easy of digestion.

#### INFLAMMATION OF THE STOMACH.

This shows itself by an intense burning pain in the stomach, attended with great soreness on pressure; it becomes distended and flatulent: most distressing thirst, and when any thing either solid or liquid is swallowed, the moment it touches the stomach, it is vomited up; there is great restlessness, anxiety and debility, and in some cases severe purging. The pulse is fast, hard and contracted. If this state of things continues long, fainting ensues, the breathing becomes short and interrupted, cold, clammy sweats succeed, and hiccup rapidly ushers in death.

Copious and repeated bleeding, at an early period of the disease, followed by the application of several leeches at the pit of the stomach, then as warm fomentations over the pit of the stomach and belly as can be borne, or else the hot bath; no medicine whatever should be given internally; loosening injections must



be alone relied on. When food can be borne, it is only weak gruel at first gradually thickened, as the disease abates.

#### INFLAMMATION OF THE INTESTINAL TUBE.

This comes on with a sharp pain extending over the whole of the belly, more especially round the navel: frequent eructations, sickness at stomach, vomiting of green looking bilious matter, obstinate costiveness, thirst, heat, great anxiety, and a quick, hard, contracted pulse. The pain rapidly becomes more severe, the bowels seem drawn together by a kind of spasm, the whole surface of the belly is so painful as to produce intense pain if touched, and seems drawn together in lumpy contractions; obstinate costiveness prevails, and the urine is passed with great pain and difficulty. If neglected, gangrene rapidly terminates the case, sometimes in a few hours. If gangrene or mortification ensues, the pains suddenly cease, the pulse sinks, and the countenance shrinks.

Taking blood from the arm with a lancet, or from the belly by means of leeches, is generally the first step in the curative process. When this cannot be done, or after it has been done, put the patient into a hot bath, to induce fainting; if this is impracticable, foment the abdomen with liquids, as hot as they can be borne. By this time, if relief is to be obtained at all, the disease will be less violent; then put a large blister over the belly.

It is now time to clear out the bowels; to do this, give a laxative injection to clear out the lower part of the tube, and then castor oil or epsom salts to follow by the mouth. Sometimes powerful doses of opium, or other anodynes are given until relief from pain is attained. It will not often answer to adopt the anodyne system, however. By giving hot boneset tea at this stage, a gentle perspiration is kept up over the surface. Let the diet be very light and nutritive. While the patient is getting well, guard him carefully from exposure to the effects of cold and costiveness.

## COLIC,

Is distinguished from inflammation of the bowels, by the pain being wringing, and not a burning kind : spasmodic contraction of the abdominal muscles : little or no fever : and temporary relief of pain on pressure.

Windy colic is known by the pains coming on in fits ; moving from one part of the bowels to another, and relief being afforded by the passage of wind. Putting warm cloths to the bowels and drinking hot peppermint tea, will give speedy relief.

In inflammatory colic, the pain remains about the same in point of intensity ; it continues in one place : the vomiting is severe and often bilious ; the bowels are costive and the pulse quick and feverish. The patient should be put into a hot bath, and on coming out, a warm injection administered in which there is spirits of turpentine, or tincture of assafoetida or both. A mustard plaster or blister should be applied to the abdomen.—Castor oil should be administered to secure a passage ; if it does not succeed, try something stronger : a small tea-spoon full of powdered mandrake or Indian apple, or any other efficient purgative.

Medical writers tell us that in very obstinate cases, an injection of tobacco smoke has often succeeded in procuring a passage ; also putting the feet for some time in cold water, and pouring the same on the abdomen and lower extremities. When it arises from costiveness, it will be found in some cases necessary, to scoop the excrementitious matter out of the lower part of the intestines with a spoon.

Painters who are very subject to this disease, should always put off their working clothes when not employed, and eat with their food a considerable quantity of mustard.

## DIARRHŒA—LOOSENESS OF THE BOWELS.

Known by each passage being preceded by a murmuring noise, and a sense of weight in the bowels.

An emetic of Ipecac, or luke-warm boneset tea, will generally be found very useful. Rhubarb is far the

best medicine to give as an aperient. Warm bathing, gentle exercise, and a light diet, will often complete the cure.

Some four years since, I had a patient afflicted with diarrhoea, whom it seemed not in the power of medicine to relieve. Peaches were then in season, and very fine. I caused him to eat plentifully of them, and they effected an instant cure. So with cherries at another time; and since then I have prescribed ripe fruit with astonishing success.

In some cases the red mixture, is very useful for children. It is made by mixing 60 grains of rhubarb, with 30 of soda or magnesia, and adding a gill of peppermint water: dose, a tea spoonful every three hours.

#### DYSENTERY,

Is known by the frequent griping passages; sometimes mere slime mixed with blood is passed; and at others little round hard balls: there is sickness at the stomach, and loss of appetite; the discharges are of such a character as in some instances to poison the air, and make the dysentery infectious.

Many cases of this disease are cured, by boiling suet in milk so as to make it rather thick, and giving of the mixture to an adult a table spoonful every two or three hours. Milk thickened with flour, and used in the same way, is also very useful.

In severe cases, and when the tongue is foul, an emetic is very useful; it may be 20 grains of Ipecac, or warm boneset tea; an injection should now be given, followed by a gentle purgative, as castor oil or rhubarb the bowels should be kept open; slippery elm tea with some chamomile, or May-weed flowers in it, drank at times; and with warm clothing and gentle exercise, the patient will recover. I have read somewhere of an Indian curing a violent case of this kind, by giving a cup full of strong decoction of double spruce tops, and following the dose in an hour by castor oil. All injections given in this disease, should be large in quantity.



## PILES.

These are tumors at the termination of the intestinal tube : when they discharge blood they are known as the bleeding piles : when they do not, they are called blind piles. They arise, as a general rule, from a too costive state of the bowels : in such cases, then, nothing more is required, than to keep the bowels regular.

They can in many cases be removed by eating as a sweetmeat at meals, prunes or tamarinds, stewed in molasses. If these means should fail, castor oil is an excellent purgative to be taken : some persons dislike the oil ; it is well for such to take of

Epsom salts, 1-2 lb.,  
Water, one quart,  
Oil of Vitriol, ten drops.

Mix them thoroughly until dissolved. The dose is a wine glass full every morning.

If the bleeding proves troublesome, apply cold water to the part, together with steady continued pressure until it ceases : some alum or white vitriol water is also very useful. Sometimes the parts from neglect become very painful ; cold water or ice are also good in that case. I have given relief from pain by warm fomentations with a decoction of poppy heads. If there is any general fever, warm boneset tea should be given to promote perspiration.

Where there is much heat around the parts, and the tumors are of considerable size, it will be found useful to apply a compress supported by a bandage : an ointment may be used in conjunction with the compress, to be rubbed on the parts every morning, made of

Ground Nutgalls, half an ounce,  
Powdered Henbane leaves, half an ounce,  
Fresh Lard, two ounces. Mix thoroughly.

As this disease is generally brought on by sedentary habits, a perfect cure cannot be expected, unless the patient takes considerable exercise in walking or riding

## WORMS.

The presence of these animals is known by a variable appetite, bad smelling breath, gulping up of wind, pains in the stomach, disturbed sleep in which there is grinding of the teeth, and often startings up, and fits; itching of the nose, which is sought to be relieved by constant picking; pale countenance; dizziness frequent; hardness and fulness often about the belly; discharges slimy, with griping pains, particularly about the navel; heat and itching around the termination of the intestinal canal. As the disease proceeds, there comes on a slow fever, which increases in intensity in the evening, and lowers towards morning; the body wastes rapidly away, and the patient dies.

It is probable that all children, and perhaps adults, too, are troubled with worms, which do not, however, occasion any unpleasant symptoms, until the tone of the system becomes lowered. The great object then should be to restore the general health; though it is well, in the first place, to clear out the intestinal track. To do this give an injection of strong catnep tea, in which there is a teaspoonful of spirits of turpentine. Follow this by giving internally some Pinkroot tea, in which has been infused half an ounce of American senna. If this is not handy, castor oil will answer. For the remainder of the treatment, pursue the same course as mentioned for raising the general health, in rickets.

In some cases, the worms have been known to crawl up into the throat, occasioning a choking sensation and cough. Drinking salt and water will make them return to the bowels.

## JAUNDICE.

Easily known by the universal yellow color of the whole skin, and even urine, which puts on a saffron tinge. The internal parts of the eye become colored in some instances, so that every thing is seen, as it

were, through yellow spectacles, occasioning the poet's remark, that

“ All seems infected that the infected spy,  
And all looks yellow to the jaundiced eye.”

An ipecac emetic is often serviceable in this disease, especially if there is any nausea or sickness at the stomach. This should be followed by warm catnep or boneset tea, to induce continued perspiration. Keep the patient warmly wrapped up, and on a light diet. A tea made from the root of the blue flag, or fleur de lis, is often very useful. It is well in some cases to apply hot mustard plasters just under the ribs, on the right side. Wormwood tea is often used during the cure with considerable benefit.

#### BILIOUS HEADACHE.

Where the tongue is foul, and there is sickness at the stomach, begin with an emetic, and pursue the same treatment as that recommended in jaundice. Mr. J. H. Walton has informed me that he has always obtained complete relief from this disordered state, to which he is peculiarly liable, by using the root of the German Iris, or Blue flag.

#### INFLAMMATION OF THE LIVER.

Known by a general fever, attended with pain and tightness under the ribs on the right side, pain at the collar bone and top of the shoulder on the right side, uneasiness in lying down on the left side, breathing difficult, a dry cough, vomiting and hiccup. The urine is of a deep saffron color, and small in quantity; loss of appetite, thirst and costiveness, and after two or three days, a yellowish appearance, as in jaundice, over the body.

Bleeding from the arm is useful, as also leeching and cupping under the edge of the false ribs on the right side. It is best to follow with a strong purgative, as

senna and salts, jalap or mandrake ; then the warm bath, and a mustard plaster or a blister be applied over the liver.

After this is done, induce continued perspiration by warm catnep or boneset tea ; with occasional doses of castor oil, a medicine peculiarly useful in all diseases of the liver. If matter forms in the liver, and the patient is found sinking, means must be used to support the strength ; a nourishing diet, some wine, and a decoction of willow or Peruvian bark, an ounce to the pint, a tablespoonful taken at a dose, some four times a day ; fomentations and poultices are also useful over the liver, to cause it to break outwardly.

When this disease is unaccompanied by fever, it is known by the dark sallow complexion, loss of appetite, wasting of the flesh, costiveness, indigestion, wind, pains in the stomach, yellow tinge in both skin and eyes, clay colored discharges, high colored urine, which deposits a red sediment and ropy mucus ; a dull pain in the region of the liver, extending to the shoulder, and often some degree of asthma.

An emetic in this case is generally required ; some 20 grains of ipecac is the best : keep the bowels gently open, either with an infusion of the blue flag or castor oil ; a blister is occasionally useful to relieve pain. Perspiration should always be perfectly free. The diet light, the mind kept easy, and plenty of exercise taken ; a sea voyage to a colder climate is the last and surest remedy.

#### DROPSY

In the belly is often preceded by loss of appetite, general sluggishness, dryness of the skin, oppressed breathing, cough, diminished urine, and costiveness. Following these symptoms, commences the collection of water in the belly, which, beginning at the lower part, extends gradually, and keeps on increasing until the whole belly is evenly swelled and tense.

Strong purging medicines should be taken, as mand-

rake, jalap, salts and senna, or blue flag. Tea made of watermelon seeds is also very useful, as it promotes the flow of urine; squills has also a direct action of the same kind; it should be taken in doses of one and a half grains of the powdered bulb twice a day; a little cinnamon or cloves may be added, to take away its nauseating tendency. Long and continued rubbings of the bare belly with the palm of the hand, are among the most effectual means of cure. The diet should be light and nutritious, and as much exercise as possible taken, taking care not to get fatigued.

#### GENERAL DROPSY,

Which begins with swelling of the feet and ancles towards evening, and is gone by morning, but after a while does not disappear at night, and continues to ascend up to the belly. The swelling induced is soft, when pressed upon, a pit remains, which requires some time to become smooth. By degrees, the swelling ascends upwards, and occupies the trunk of the body, and at last, even the face and eyelids appear full and bloated.

The parts should be carefully supported by bandages, and the same general treatment pursued as in dropsy of the belly. Ground mustard seed is a valuable remedy where there is much weakness; horseradish and garlic are also useful. When the patient begins to recover, the cold bath may contribute to prevent a relapse.

It is a rule in dropsical affections to allow the patient to drink freely. By denying water many a case has had an unfortunate termination, that would otherwise have been cured.

A decoction made of 3 parts of blue flag and 1 part button snakeroot, has cured the dropsy without disturbing the bowels.

#### COMMON COLDS AND COUGHS

Are generally cured at the first onset, when com-



plicated with symptoms of fever, by a sweat of bone-set or catnep tea, a strong dose of which, quite hot, should be taken on retiring at night, and covering up warmly. Flaxseed, or slippery elm tea being drunk freely, if there is much thirst. The diet in all such cases should be low; never "feed a cold," that is a foolish error.

Should there be any pain in the chest, a strong mustard plaster will generally relieve it. If the cough is troublesome, and it occasions some uneasiness in the chest, I generally advise the patient, if he must continue about his work, to procure a two ounce vial and fill it with

Syrup of Squills, 1 ounce,  
Paregoric, 1 "

An occasional swallow will ease both cough and pain. In some instances, after being for days troubled with a tightness about the head, &c., there will be a plentiful

#### BLEEDING FROM THE NOSE.

And complete relief be afforded in consequence. The idea of this proceeding from a ruptured blood-vessel is ridiculous; it is a means taken by nature of thoroughly depleting a part so as to cure disease. It was no doubt in consequence of observing these sanguineous depletions of nature, that the idea originated of doing it artificially, and thence the introduction of blood-letting in all its various forms of abstraction.

If bleeding from the nose proceeds to an alarming extent, it can generally be stopped by plugging up the nostrils with cotton, wet in cold alum water. Sometimes all local means prove ineffectual, nature must have blood escape, and the only method of preventing a flow from the nostrils will be by making one from the arm.

The water cure method of getting rid of coughs and colds is to wrap the body up in a wet sheet, until per-

spiration is induced, drinking all the time plenty of cold water.

## CROUP.

This disease mostly attacks infants, Some days previous the child appears drowsy, inactive and fretful, the eyes are watery and heavy; there is a cough exactly simulating the barking of a young dog. As the disease advances, the cough agitates the little sufferer more and more, the face is flushed and swelled, the eyes protrude, and a general tremor takes place, and there is a kind of convulsive endeavor to renew the respiration at the close of each fit; the head is often thrown back, in the agony of attempting to escape suffocation; the breathing becomes more and more hissing. The cough is generally dry, and if any thing is spit up, it looks like matter, or else consists of films, as of pieces of membrane; when vomiting is induced the same kind of matter comes up, showing that the child has been swallowing it instead of spitting it out. There are cases in which a fatal termination has taken place in 24 hours, but more generally it runs on for four or five days.

Leeches should immediately be applied to the upper part of the breast-bone near the neck: it is often difficult to stop the bleeding when applied to the neck itself, as there is nothing to make pressure on; then give a strong ipecac emetic, mixed, if possible, with a grain or two of powdered squill. A hot bath is very useful, by inducing nausea quickly. A large dose of purgative medicine, as Epsom salts, may now be administered. Ipecac, in doses of one or two grains, or hot boneset tea should be given, to keep up a strong perspiration. A large blister is sometimes useful, put on the upper part of the chest, and dressed with some irritating ointment, as savine, to keep up a discharge. Mustard draughts may be applied to the feet.

As the patient gets better, there will follow a great deal of expectoration; to promote this as much as pos-

sible is advisable: inhaling steam, if done with caution, will be found useful; the nauseating medicines, as the ipecac and squill, should be continued, and the mouth, if possible, gargled with an infusion of chamomile flowers or Mayweed.

Priessnitz cures croup by putting the child in a tepid bath, and while in it, washing freely, the head, throat and chest: then, wrapping without delay, in a well wrung sheet, and a well wrung bandage placed about the throat, and warm bricks applied to the feet. The patient is allowed to remain 8 or 10 hours in moderate perspiration, in a moderately warm room: when taken out of the sheets, the child is immediately washed all over, dried, and put into a warm bed. The next evening the wet sheet is again applied, even if there have been no unfavorable symptoms during the day.

#### QUINSY SORE THROAT

Is known by considerable difficulty in swallowing and breathing, a redness and swelling of one or both tonsils, dryness of the throat, foul tongue, darting pains in the part affected, a frequent, but difficult spitting out of mucus, and a small degree of fever. This is seldom fatal, if properly attended to.

Either leech the outside of the throat, or draw a sharp penknife over the affected tonsils, so as to scarify them; an emetic of ipecac should be administered: if anything more is required, give a dose of salts, and after the operation, sweat, by means of hot boneset or catnep tea; a blister behind the neck is sometimes useful. As a gargle, a tea made of gold thread, and the addition of a little alum, the whole sweetened with honey. In very severe cases, where nothing can be swallowed by the mouth, gruels and rich soups are thrown up the termination of the intestinal tube, so that life may be, if possible, sustained; if suffocation is threatened, a hole must be made in the windpipe.

In mild cases, little more is required than to rub the neck with hartshorn liniment, and wear flannel.

For Quinsy sore throat Priessnitz orders bandages of very cold water round the throat, garglings of cold water, foot baths, and finally, the wet sheet, until perspiration is induced, washing, and return to a warm bed

#### MUMPS.

This is a swelling, on the sides of the cheek and under the jaw, of the glands that produce saliva; it sometimes renders swallowing and breathing difficult; it goes off on the fourth day.

Flannel should be kept over the part, the diet light, and the bowels regular, with doses of castor oil; when other organs are attacked, the treatment must be for inflammation of those organs.

#### INFLAMMATION OF THE CHEST.

There are two kinds of this disease. One is called the stitch: it is known by a hard pulse, sharp pain in the side, which is increased upon breathing; an uneasiness upon lying on one side; a painful cough, dry in the beginning, but afterwards throwing up matter which is often bloody.

In the other disease the pulse is sometimes soft; the pain is dull; the respiration always difficult; often the patient cannot breathe unless sitting or standing up; the face is swelled, and of a livid color; the cough generally accompanied by matter which is frequently bloody. Besides all these symptoms, there is in both cases violent fever.

It is well to take considerable blood, and then leech the chest: give a powerful purgative—senna and salts, jalap, or mandrake: apply blisters; let the diet be low—good oat meal gruel is perhaps the best; give one grain of ipecac, and half a grain of squill, every two or three hours, as circumstances may require, to keep up the perspiration: keep the bowels open. To quiet the cough, after the symptoms begin to abate a little, syrup of poppies may be swallowed from time to time,



slowly. Inhaling steam will also be found useful in promoting expectoration, As the patient recovers, abate the medicines, and give a more generous diet.

Priessnitz puts a patient afflicted with this disease into a sitting bath, with water at 60° Fahr., which is to be renewed every half hour : the chest is covered with wet bandages, which are renewed from time to time : the legs and arms are rubbed with cold water : the other parts of the body are carefully covered up. After chattering of the teeth and trembling is passed, and reaction begins to take place, which is known by the returning warmth of the hands and feet, the patient is wrapped in a sheet, with a cold, wet bandage on his chest, and placed in bed. It should not be forgotten that after every perspiration the body is washed in tepid water. Cold water is drank freely all this time. It is not often necessary to renew the wet sheet and sitting bath.

#### DROPSY OF THE CHEST.

Known by difficulty of breathing, especially when lying down ; starting from sleep ; anxiety ; palpitations of the heart ; cough ; pale visage ; swelling of the lower extremities ; and lastly and more certainly, motion of water in the chest.

Keep the bowels regular ; use squill in small doses ; half a grain of powdered fox-glove leaves, morning and evening, may be given, and the dose carefully and gradually increased. If there is much fever, keep up a gentle perspiration, by means of boneset or catnep. The occasional application of blisters will do much to remove pain. Infusion of juniper berries is often good. The diet should be light.

#### BLEEDING FROM THE LUNGS

Is generally a symptom of some other disease. Taken by itself, it is a matter of but little moment, and instead of proceeding from a ruptured blood-vessel, is



in reality, a secretion from the lungs, whereby nature relieves herself from excitement.

When it proceeds to excess, a strong, cooling treatment must be adopted. A solution of common salt in water will often check it : when that fails, bleeding from the arm must be resorted to. The bowels must be kept open with epsom salts : fox-glove in the form of powdered leaves, half a grain, morning and evening, is useful. Sometimes the application of cold water to some sensible part of the body, will produce a general chill, and stop the bleeding. Moderate exercise may be taken.

#### CONSUMPTION.

Tubercular Consumption begins with a short, dry cough, which becomes habitual : for some time nothing is raised but a frothy mucus. Upon the least motion of the body, the breathing becomes more rapid : there is a tightness of the chest, gradual wasting away of the body ; languor, indolence, and low spirits, with loss of appetite. The patient often remains in this state a considerable time, until, upon catching more cold, he begins to expectorate matter, which is always more free towards morning. Spitting of blood succeeds this ; the breathing now becomes more difficult, and weakness and wasting increase ; pain in some part of the chest, and uneasiness is felt, lying on the side. Hectic fever rapidly increases, becomes worse in the afternoon, and goes off during the night, followed by profuse sweating ; the bowels, previously costive, now become loose ; the legs and arms become cold, and the patient dies. To the last the senses remain entire, and the mind is full of hope and peace.

Pain may be alleviated by dry cupping over the chest, a few leeches or a blister. The bowels must be kept open by gentle laxatives, as manna, small doses of epsom salts, or boneset ; sweating promoted by small doses of ipecac and squill, and when there is considerable of a wheezing respiration, an ipecac emetic will

be found serviceable. The diet should be light ; the patient warmly clad ; gentle exercise taken ; and to ease the cough and diarrhœa, when they supervene, the remedies recommended under those heads. Priessnitz does not prescribe for consumption ; he considers it beyond the power of cold water to have any effect on it.

Perhaps the most effectual means of relief would be living in the midst of a pestilent fever and ague district ; in such circumstances I have seen patients grow fat and hearty.

Some years ago, an apprentice in this city, whose parents lived up the North River, was taken with all the symptoms of tubercular consumption, spitting of blood, night sweats and diarrhœa. He was sent in a sloop, in cold weather, home—it was just after the river opened—the sloop was blown outside the harbor, and it was some time before it reached its destination, all on board having endured a great deal of hardship and fatigue ; among the rest the sick boy, who was forced to render the little aid he could. The exertion, however, did him good ; he became rapidly better, and before reaching home was completely altered, to the great astonishment of his friends, who had feared he would not survive to see them. In gratitude for his signal escape, he has ever since continued on the river.

#### INFLAMMATION OF THE KIDNEYS,

Known by pains in their region which shoot down along the course of the ducts that convey urine to the bladder ; the testicles are drawn up ; the thighs are numb ; vomiting ; high colored urine and frequently discharged ; costiveness and colic pains.

It is very necessary to distinguish this from colic, which may be done by the pain lying deeper and the trouble in passing urine. It is necessary also, to notice in this disease that the fever accompanies or immediately follows the pain.

When severe, general bleeding is necessary, and af-

terwards leeching over the parts; then the warm bath, hot fomentations to the loins, a warm injection thrown up and drinks of flax-seed or slippery elm tea taken. The bowels should be effectually cleared out at once by senna or castor oil, and afterwards kept open. Blisters must never be applied in this disease, but the loins may be well rubbed with hartshorn or any other stimulating linament; keep up a general perspiration by warm catnep or boneset tea. The diet must be light.

#### INFLAMMATION OF THE BLADDER.

Known by great pain in its region, attended with fever and a hard pulse, either a suppression of urine, (in which an instrument must be applied to draw it off if other means fail of giving relief,) or a frequent and painful discharge of it; there is also a good deal of straining downwards. The treatment is the same as in inflammation of the kidneys.

#### GRAVEL AND STONE.

When a disposition to form stone in the bladder arises, it is known by fits of pains in the back, shooting down to the thigh; often a numbness in one leg and detraction or drawing up of the testicle on that side. When the little stones or gravel are thrown off with the urine, the pain ceases until the next fit occurs. Many persons are troubled in this way through life without the gravel concreting into a large stone.

Sometimes the gravel stone, if it is more than usually large, passes with difficulty down the tube from the kidney to the bladder, and occasions agonizing pains, followed with fever. The hot bath, warm fomentations over the seat of pain, and plentiful drinking of infusion of water melon seeds, cleavers, juniper berries, or wild carrot tops will relieve. An excellent mixture to keep on hand for such occasions is made by taking of

Balsam of Copaiva, one quarter of an ounce ;  
Sweet Spirits of Nitre, half an ounce ;  
Infusion of Sassafras bark, one gill ;

Mix them thoroughly, and always shake well before using. A teaspoonful is a dose, repeated in half an hour if relief is not obtained.

A strong decoction of the tops and seeds of the wild carrot, drunk freely, has cured gravel.

Stone, when once formed in the bladder, is known by the frequent inclination to make water ; great pain in voiding it drop by drop ; sometimes a sudden stoppage in the stream ; pain at the extremity of the penis, and great straining downwards. It generally causes pain to ride in a carriage or on horseback, especially when going fast.

The drinks above mentioned are the best remedies to relieve the pain : there is little hope of its cure by medicine.

There is often an irritable state of the bladder in which the urine is passed with pain and sometimes in drops : in such cases a teaspoonful of the balsam mixture just mentioned will give relief ; flannel should be worn, and if a fresh cold is not taken the pain will probably not return.

#### RETENTION OF URINE

Will be relieved by fomentations, drinks of tea made of water-melon seeds, cleavers and wild turnip tops. Sometimes the water should be drawn off by means of an instrument.

#### PALPITATION OF THE HEART

Is generally symptomatic of other diseases, principally derangement of the stomach. In such cases rectifying the disordered organs will affect a cure, but sometimes it is one of the symptoms of



## SUDDEN SUFFOCATION,

Which is known by a sharp, binding pain, running down the breast bone on the left side, and extending to the left arm; there is great anxiety, violent palpitation of the heart, and a sense of suffocation. It attacks men much more frequently than women; those persons inclining to be fat, who lead an idle and sedentary life, are most liable to be affected with it.

Walking rapidly, going up stairs, and getting angry, will lead to a fit in the early stages, but still later, even slow walking, riding on horseback or in a carriage, sneezing, coughing, speaking or straining at stool, will cause it.

During the paroxysms, the neck and chest should be fomented with hot applications; a teaspoonful of ether, with ten drops of laudanum in it, may be given at intervals, oil of peppermint or aniseed, or cinnamon, dropped on sugar, may also be given. A blister covering the entire left chest, is often attended with good effect.

To guard against a second attack, the patient should keep his mind easy, and never become excited; the diet should be light, and no exercise taken after eating; the patient must not grow fat, and to effect this a vegetable diet should be preferred, early rising, exercise at proper times, and the bowels kept open.

The celebrated surgeon, John Hunter, was afflicted with this disease. A colleague in whose way of promotion he stood, knowing how fatal getting in a passion would be to him, took occasion one day when he was much excited, to contradict him; as the colleague expected, the effect was instantly fatal, and surgery lost one of her brightest ornaments.

## ENLARGEMENT OF THE HEART.

Where the patient has to lay with his pillow considerably raised, and there is palpitation. It is well to apply blisters, often allowing them to heal rapidly, or



else an issue directly over the seat of disease. The rest of the treatment the same as above.

#### INFLAMMATION OF THE HEART.

Known by the general fever, pain in the region of the heart, difficulty in breathing, great anxiety, cough, irregular pulse, palpitation and fainting. Treat it the same as inflammation of the chest, only carrying the purging to a greater extent.

#### RHEUMATISM.

This I consider a disease of the arteries, and therefore relating in some measure to the heart. When it comes on accompanied with fever, I have often given immediate relief by cupping directly over the region of the heart. In this disease the general cooling treatment must be pursued, as low diet, purging and sweating.

Foxglove is given in doses of half a grain twice a day or oftener, according to the violence of the symptoms: but the great medicine, and that which most generally cures, is colchicum or meadow saffron. A wine is made of this, by infusing two ounces of the seeds in a pint of sherry, let it remain a week, and filter through paper. Half a teaspoonful of this is put into a wine-glass with a teaspoonful of magnesia, and the glass then filled with peppermint water. This dose to be repeated three or four times a day.

Chronic rheumatism is cured in the same way, but by smaller doses; in this latter case, a buckskin shirt and drawers should always be worn; for the sake of cleanliness, linen or cotton may be placed between them and the skin; keeping the bowels open, perspiring freely, and a low diet, will produce immediate relief, if not effectual cure.

Where the joints become stiff, long and perseveringly continued rubbing and kneading with the hands, have cured where aught else entirely failed: instances of this kind have come under my own notice.

## GOUT.

This painful disease is usually preceded by wind on the stomach, indigestion and fever-pains in the joints of the hands and feet, particularly in the great toe ; sometimes, however, it comes on suddenly without any previous warning, at others there is coldness of the feet and legs, numbness and a sense of pricking in them. On the night of the attack the patient goes to bed often in tolerable health, but after a few hours is awakened by the severe pain, mostly in the joint of the great toe ; sometimes in other parts of the foot and calf of the leg. The pain is described by one experienced in both, as similar to that arising from a dislocated bone, with a feeling all the while as if cold water was poured upon it. As it continues, rigors succeed, followed by throbbing and inflammation in the part. Sometimes both feet become swelled and inflamed, so that they can neither be put to the ground or touched without excruciating pain ; after continuing some hours, a perspiration breaks out, and there is a slight alleviation, but it returns the next evening, and thus continues according to season, age, and constitution, a longer or shorter time. At first an attack of the gout occurs once in three years, then in two, then one, etc., becoming more violent, and of longer duration at each return.

Wine of colchicum, as prescribed for rheumatism, may be taken during the paroxysm ; and the part covered with flannels. Besides this, keeping the bowels regular and promoting perspiration, is about all that can be accomplished. But rheumatism and gout are apt to fly to important organs ; in such cases, treat as for inflammation of those organs.

After the attack is over, the mode of life should be such as is recommended at the commencement of this book.

## HEADACHE.

I have had many cases of this kind, where the patient labored apparently under no local or general derangement, and yet would suffer severely from this: such patients were always afflicted with cold feet.

Low socks made of flannel, with a teaspoonful of cayenne pepper in each, and worn next the foot inside the regular stocking, has produced irritation of a gentle character, restored a natural glow to the feet, and in doing this, completely relieved the head of pain and uneasiness.

## INFLAMMATION OF THE BRAIN.

Characterized by strong fever, violent headache, redness of the face and eyes, impatience of light and noise, and furious delirium. When this disease lasts beyond six or seven days, it is considered a favorable sign. It is brought on by various causes, night watching, hard study, drunkenness, excitement of the passions, and exposure of the head to the sun.

Bleeding from the arm, leeching or cupping the head, and the use of active purgatives, as jalap or senna and salts, are the first things to be done. As in all cases where there is inflammatory fever, the patient should be removed to a cool, quiet, and rather darkened room. The head should be shaved at once, and ice in bladders, or some evaporating lotion applied to it. Keep the head raised in all cases. After these means have been tried, and the disease begins to abate, foxglove in half-grain doses, or powder of colchicum seed in grain doses, may be given at some hours intervals. Mustard drafts to the feet and legs, and the foot bath may also be employed. The diet must of course be as light as possible. To complete the cure, the bowels must be kept open, and sweats of boneset and catnep be often employed during the course of the disease.

## APOPLEXY.

This disease is sometimes preceded by headache, giddiness, loss of acuteness of the senses, numbness in the arms and legs, drowsiness, stupor, and nightmare; but it more often happens that the patient falls down suddenly, deprived of sense and motion; the face is red and swelled; the eyes prominent and fixed; the breathing performed with difficulty, and with a loud snorting noise; pulse strong and full. Sometimes one side of the body is somewhat less affected than the other, and that side is apt to be convulsed.

The head should be raised, and so placed as to allow the air to play freely on it: blood may be taken from the arm or temples; a powerful purgative administered to clear the bowels, and repeated if the effect is not soon produced; a strong and irritating injection administered, as common salt with syrup of buckthorn and gruel; or infusion of senna; or colocynth; turpentine and gruel is proper for torpid persons. The head should be shaved, and cold water or ice in bladders applied. Mustard drafts should be applied to the feet. If under these means sensibility does not gradually return, it is well to try some gentle stimulant, as mustard, ether, or camphor. Sweating should be induced by small doses of ipecac or hot boneset or catnep tea.

When the patient recovers, the return of the disease should be prevented by exercise, low diet, and a calm mind, being careful to prevent exposure to any thing likely to affect the head.

## EPILEPSY, OR FALLING SICKNESS.

An attack is now and then preceded by a heavy pain in the head, dimness of sight, noise in the ears, deranged bowels, stupor, and something like a cold vapor running up to the head; oftener the patient falls down at once without previous notice, the eyes become distorted, the fingers clenched, the trunk of the body, particularly on one side, much agitated; foaming at the mouth, and



thrusting out of the tongue, which is often bitten severely: all sense and feeling is lost, and not unfrequently both urine and excrement discharged involuntarily. As the spasms abate, the patient recovers gradually, all memory of the fit is lost, and nothing remains except a feeling of languor and exhaustion.

Generally nothing can be done during the fit, except to put a cork or piece of wood between the teeth, to prevent them biting the tongue. If the face becomes flushed, throw water on the head.

The system should be brought to a healthy tone; if too high already, let the diet be low, and moderate purging; if too low, raise by a nutritious diet and proper clothing, with strengthening medicines. Neither too much or too little exercise should be taken; bathing, conjoined with quinine, is often very useful, especially if there is a scrofulous taint. Keeping the bowels regular, and the mind cheerful, are the great secrets of success.

Where any notice, such as we have mentioned, is observed before the fit, a strong ipecac emetic may be given, or a large dose of ether, or valerian, or any thing that will produce an instant and decided impression on the system.

#### INFLAMMATION OF THE EYE.

Known by the diffused redness spread over it, and its being extremely sensitive to light, hot and painful; a sensation of some substance between the eye and lid; and lastly, a plentiful effusion of tears, which are hot and acrid.

The temples should be leeches or cupped, and a blister applied to the back of the neck; cold water or warm poultices applied to the eyes, whichever feels the most comfortable. Keep the bowels open; castor oil is excellent for this purpose; if there is much fever, a gentle perspiration should be induced by means of boneset or catnep. Sassafras infusion makes an excellent application to the eye.



After the acute stage is passed, and the eyes do not seem to advance in point of recovery, a more stimulating lotion should be applied; sugar of lead or white vitriol, six or eight grains to an ounce of cold water, is useful for this; dip a piece of linen in this, and apply it to the eyes. Dashing cold water against the closed eyelid, and sometimes in the naked eye, will often assist the cure.

#### EAR-ACHE.

When there is any trouble about the ear, it should be carefully examined, and washed out with lukewarm water to remove any substances that may have entered; if there is much pain, a hot onion poultice will generally give relief; mustard draughts and blisters behind the ears are also efficacious. If there is any fever, bathe the feet, and take an infusion of boneset or hoarhound.

#### ERYSIPELAS,

Is known by a chill, succeeded by a strong fever of two or three day's continuance, attended with drowsiness, and often low delirium, an inflammatory blush then spreads over some part of the body; the fever continuing, the affected parts swell slightly, and put on a shining appearance, the pulse is small and frequent; about the fourth day a number of little vesicles, containing a limpid, and in some cases a yellowish fluid, arise; in some instances the fluid is thick, and instead of running out when the blister is broken, adheres to, and dries upon the skin. The blisters sometimes degenerate into obstinate ulcers, which now and then mortify.

In slight cases, when it attacks the extremities, it makes its appearance with roughness, heat, pain and redness of the skin, which becomes pale when the finger is pressed upon it, and again returns when the finger is removed; there is often a slight fever, and the patient

is hot and thirsty, but in a few days the symptoms disappear, the cuticle becoming yellow, and dropping off in scales.

The shingles is a species of this disease ; it consists of an eruption of little pimples extending round the body, just above the navel ; vesicles quickly form, and the whole passes off without further inconvenience.

When it attacks the face, it comes on in the form of a fiery redness ; some two or three days after the fever sets in, it extends to the scalp, and thence down the neck, swelling every part it touches ; the eyelids being so much swelled as to preclude sight ; after a while blisters rise, and the skin assumes a livid appearance in such places ; where the plasters have not arisen, the skin will gradually dry and fall off in scales. If fatal, it ends on the seventh or eighth day.

Where the fever sets in with violence, it is well to take some blood. Epsom salts is a useful purgative in this disease, as the bowels must be kept rigidly open. Then cause profuse perspiration by small doses of ipecac and squills, or boneset ; the diet should be light and vegetable. A blister an inch or two above the seat of disease, when it attacks the extremities, and completely encircling the limb, will prevent its further spreading ; the blister need only be a mere strip of little breadth. When there is much heat and pain in the skin, either cold or warm water, as the patient prefers, may be occasionally applied ; where an acrid discharge occurs, wash it away from time to time with warm milk and water. If matter forms, make openings at once for its escape ; if mortification ensues, the yeast poultice is the best application.

If the patient shows symptoms of sinking, let the diet be more nutritious, and give wine whey ; such treatment is proper, but only in extreme cases. Dusting arrow-root or flour over the inflamed part, and keeping the bowels open with low diet is all that is necessary in common cases.

## ST. VITUS' DANCE.

The fits are sometimes preceded by a coldness in the feet and limbs, a tingling sensation that ascends like cold air up the spine, a windy pain in the bowels on the left side, and obstinate costiveness. At other times, there are yawnings, stretching, anxiety about the heart, palpitation, nausea, difficulty of swallowing, noise in the ears, giddiness, and pains in the head and teeth. The muscles do not obey the command of the will, but make contractions of their own accord, in consequence of which, the most ridiculous motions are the result.

The stomach is almost always out of order; the first care must be to rectify it: the steady, but moderate use of active cathartics has a great effect upon the disease, improving the health and strength at the same time. Some scammony, jalap, and large doses of castor oil are useful, and also the mandrake. In irritable constitutions, sedatives, as hemlock, and henbane, both given in small doses, are useful. The diet should be light and nutritious; bathing should be daily practised, and moderate exercise taken.

## TIC DOLOREUX.

This dreadful disease is treated by strengthening the general system, and the use of tonic medicines, as quinine and salacine.

Mesmerism, or Fascination, is the only cure that promises much relief; to those who wish information on the subject, I must refer my book, *Fascination, or the Philosophy of Charming*, published by Fowlers & Wells, of this city.

## LOCKED JAW.

Little can be done except to administer laudanum in large quantities, either by the mouth or injection; a powerful purgative should preface this, as there is in general, great costiveness.

## DELIRIUM TREMENS.

When the fever is violent, and there is considerable determination to the head, it is well to lower the general tone of the system, by giving nauseating doses of ipecac, as 2 grains every hour, or a teaspoonful of antimonial wine every hour and a half, until sickness at stomach is felt. Then give from a half to a whole teaspoonful of laudanum, and induce sleep.

## HYSTERICIS.

The attack is often preceded by low spirits, anxiety of mind, frequent crying, difficulty of breathing, sickness at the stomach, and palpitation of the heart; but it more usually happens that a pain is felt low down in the bowels on the left side, and this advances upwards, like a ball rolling: it enters the stomach and passes thence to the throat, occasioning apparent suffocation, stupor, and insensibility: the muscles are variously and involuntarily agitated, crying, laughing, and screaming succeed in rapid succession, and there is often foaming at the mouth. As the fit is declining, sighing and sobbing occur, and consciousness returns without knowledge of the fit; a severe pain in the head and general soreness of the body results.

When the paroxysm is severe, an emetic should be given on a slight remission of the fit; dash cold water on the skin, apply hartshorn, burnt feathers, etc. to the nostrils, rub the temples with ether, and give an injection, in which there is either turpentine, laudanum, or assafoetida; the foot-bath, and mustard plasters to the feet are often useful.

During the intervals of the attacks the general health should be built up; warm clothing, exercise, nutritious diet, open bowels, and the cold bath will be all that are necessary, together with keeping the mind occupied in useful and agreeable pursuits.



## IMMODERATE FLOW OF URINE,

Is known by great thirst, voracious appetite, wasting away of the body, and the immoderate quantity of urine discharged. The urine is sometimes natural in character, and at other, sweetish to the taste.

Lugol's solution of iodine should be given at once, from one to three drops at a dose, taken directly after each meal; the bowels should be kept gently open, by mild means, the body warmly clad, use of the warm bath and moderate exercise. Frequent friction with the hands, especially over the kidneys, and wearing a tight belt, has been tried with advantage, and when the skin perspires freely, a bath of a lower temperature used. Animal food should be taken in moderation.

## FLOODING FROM THE WOMB.

In such cases, ice should be pushed up the passage as far as possible, and cold water be suddenly poured on the lower part of the belly, from a height of two or three feet; put a pillow under the hips, so that the feet and head may be lower than the womb. Two grains of sugar of lead, and a quarter grain of opium, mixed together, has been found useful every two hours, when the discharge is not very great and lingering.

There are times in which so much blood has been lost that the woman lies in a cold, death-like state; a teaspoonful of laudanum will generally rouse her; ether and brandy are also useful. When roused, give warm gruel, and keep the pillow under the hips.

## WHITES.

I have generally found an injection of cold water thrown up every morning in the passage, an effectual cure. Sometimes it is advisable to use a weak solution of lunar caustic, some three or four grains to the ounce,



or an infusion of white oak bark or alum water : all these are good.

#### OBSTRUCTION OF THE MENSES.

Cold feet and headache generally accompany this form of disease. For this the flannel socks with cayenne, as recommended under Headache, should be worn. Keep the bowels open ; let the diet be light and nutritious, dress warmly, take much exercise, and keep the mind usefully and pleasantly employed. At the time when the menses should come, apply hot poultices, in which are plenty of spirits of camphor, to the external parts ; renew them so as to keep up a heat and irritation. A method that rarely fails to restore them is to sit in a rattan seated chair in a warm room, with a kettle of boiling water under it, so placed that the steam shall have free access to those parts ; during all this time cover with blankets ; when faintness is felt get into a warm bed and drink tansy tea.

#### EXCESSIVE FLOW OF THE MENSES.

The patient should at once assume the horizontal position with a pillow under the hips ; cold should be applied to the parts, and a piece of ice placed up so as to touch the womb. The bowels should be kept open. Small doses of ipecac and squill, so as to produce nausea and excite perspiration, are useful ; the diet must be light. Gentle exercise in a carriage and the cold bath contribute much to restore the patient when the discharge has subsided.

#### INFLAMMATION OF THE WOMB.

Known by the general fever and heat, tightness, tumefaction and pain in the region of the womb ; pain in the mouth of the womb when touched, and vomiting. There is considerable straining, and sometimes suppression of urine.

If the fever runs high, take blood from the arm and apply leeches over the womb; keep the bowels open and cause free perspiration. Great relief is often afforded by doubling up the patient's knees and putting under the clothes a basin of hot water, so as the steam may ascend up and around the parts: warm fomentations are also very serviceable. The diet should be principally gruel.

Sometimes the whole surface of the belly is extremely tender. At such times I have seen the utmost benefit derived from pouring over it spirits of turpentine.

#### WHOOPING COUGH.

Known by a convulsive, choking cough, with whooping, returning by fits, which are usually terminated by vomiting: it is contagious. Perhaps one of the most effectual means of cure is removing the child to another part of the town or country.

In common cases little more is required than giving a drink, such as flax-seed tea, to allay the cough, and keeping the bowels open. If the disease, however, does not abate, but increases in intensity, an ipecac emetic should be given, and followed by small doses of the syrup of squill, with a few drops of paregoric in each dose. This will promote perspiration and afford relief.

A strong mustard plaster to the chest has often a useful effect; as has the cold bath where there is no local disease: flannel should be worn all the while. Nurses sometimes frighten the child to cure it, but it is a bad plan.

#### ASTHMA.

Known by difficult breathing, returning at intervals with a sense of tightness across the chest and in the lungs: a wheezing cough, hard at first but softer towards the close of the fit, with a discharge of mucus. This disease is generally combined with dyspepsia,

which is perhaps its origin. It attacks most frequently in hot weather, and about midnight.

On the evening before the attack, there are low spirits, a sense of fulness about the stomach, with lassitude, drowsiness and pain in the head. The next evening a sense of tightness is perceived across the chest, impeding the breathing. This feeling rapidly increases until the patient can lie down no more: he often gets up and thrusts his head out of the window for air. The fits return at regular periods, and it is very difficult to stop them.

An emetic should be administered at once. Lobelia and ipecac combined, I think is the most serviceable: drink boneset tea afterwards, and keep up the perspiration. Syrup of squill is also useful. Smoking and chewing tobacco has been beneficial; and a cup of strong coffee afforded immediate relief. The bowels should be kept open; the tone of the general health improved, and the locality, if possible, changed until a situation is found more conducive to the patient's comfort.

#### CHOLERA MORBUS.

It comes on with soreness, pain, distension, and flatulency of the stomach and intestines, succeeded by severe and frequent vomiting and purging of bilious matter; heat, thirst, hurried breathing, and frequent but weak and fluttering pulse. When the disease is mild these symptoms decrease gradually, leaving the patient in a debilitated and weak state. But where it is more violent, depression of spirits results, cold, clammy sweats follow; there is anxiety; the breathing becomes more and more hurried; hiccup follows and results in death.

The warm bath should be used, the belly fomented with hot applications, and 20 drops of laudanum given in a tablespoonful of sassafras tea: a large blister should be applied over the stomach. It is sometimes useful to give laudanum in the form of an injection,

where the stomach will not otherwise retain it. Opium is given in the form of a powder, one grain with one quarter grain of ipecac, every hour and a half, till the excessive intestinal action ceases.

Toast and water is the best drink, to which, if there is much weakness, a little burnt brandy may be added ; the diet should be light and nutritious : an infusion of chamomile flowers is a useful tonic at such times. Exposure of all kinds should be carefully avoided, and the feet and belly particularly kept warm. It is proper to keep a careful watch over the belly, frequently pressing on it to see if tenderness exists, which, if discovered must be treated by leeches and blisters, according to the intensity of the pain. Castor oil is a useful laxative to keep the bowels regular.

An excellent remedy for this disease may be found by taking

Powdered Rhubarb ;  
Carb. of Soda, of each 30 grains ;

Mix them thoroughly in half a pint of hot peppermint tea, adding a tablespoonful of brandy and 60 drops of laudanum. After every fit of vomiting or purging, take a tablespoonful, until the disease is stopped. In conjunction with this treatment, I have put over the stomach a strong mustard plaster, with the happiest effect.

#### HICCUP.

To relieve this when troublesome, a little oil of peppermint dropped on sugar and swallowed, is serviceable : a mustard plaster is also often useful.

#### INFLAMMATORY FEVER.

This fever comes on by a sense of weakness and inactivity, succeeded by dizziness, shiverings, and pains extending over the whole body, particularly the chest and back ; these symptoms are shortly followed by redness of the face and eyes, great restlessness, intense



heat, unquenchable thirst, oppressed breathing and nausea. The skin is dry and parched; the tongue of a scarlet color at the sides, furred with white in the centre; the urine red and scanty; bowels costive: there is a quickness and hardness in the pulse which is not affected by pressure. If allowed to proceed, these symptoms become rapidly more intense, stupor and delirium succeed, with violent raving. At the end of fourteen days it terminates in a crisis, either by sweating, looseness of bowels, bleeding from the nose, or a deposit in the urine which produces a copious sediment: the pulse softens gradually toward the fourteenth day.

The danger is generally proportioned to the violence of the delirium; if there is picking at the bed-clothes, starting of the tendons, involuntary passages by stool and urine, it will certainly terminate fatally.

Bleeding from the arm, with the patient in an upright position, to fainting, will often cut short the disease at once. The bowels should be well purged with salts and senna, or jalap and cream of tartar, (ten grains of jalap and thirty of cream of tartar to the dose). Perspiration should be induced by giving three grains of James' powder and two of nitre, every two hours until it is freely established—then giving it at longer intervals. The patient must be put in a cool room, where it is rather dark and perfectly quiet. The diet should mainly consist of barley-water, with a very little nitre dissolved in it to quench the thirst; for this latter purpose, also, pieces of ice may be taken in the mouth and allowed to melt. The clothing should be of the lightest kind. It is proper to repeat the bleeding the second day, if there is no remission of symptoms.

Sometimes a particular organ, as the brain or lungs, becomes affected: in such cases, besides the general treatment, use the same means as if inflammation of such organ were alone the matter.

#### TYPHUS FEVER.

This first comes on with great weakness, low spirits, excessive weariness and general soreness, with pains in



the head, back, and extremities, succeeded by shiverings: the eyes appear full, heavy, yellowish, and often a little inflamed: the arteries at the temple throb violently; the tongue is dry and parched, breathing laborious, interrupted with deep sighing; the breath is hot and offensive, urine pale, bowels costive: the pulse quick, small, hard and unequal. Sometimes a great heat, load, and pain is felt at the pit of the stomach, followed by profuse bilious vomiting. As the disease advances, the pulse becomes more frequent, the fever higher, breathing difficult, with anxiety, sighing and moaning; the thirst increases; the inside of the mouth becomes covered with a sticky brownish or black fur—speaking becomes difficult, and then not understood; and muttering and delirium ensue. Finally, as it proceeds, all the symptoms become worse; there is bleeding from the gums and various parts of the body; livid spots appear on the surface, and hiccup ushers in death. In warm climates, this fever seldom continues above a week; but in colder ones it lasts three or four.

An emetic of twenty grains of ipecac and one of tartar emetic, may be at once administered: let the bowels then be emptied by a large dose of castor oil: then give small doses of ipecac and squills to promote perspiration. In cases where the skin keeps hot and dry, sponge it from head to foot with cold water in which a little vinegar is mixed; but where the patient is very low, and the skin cold, the tepid bath will better assist the sweating. A very light vegetable diet should be pursued, except where there is positive sinking, and then it must be more nutritious: wine is allowed in such cases, given according to the urgency: wine whey is also useful.

Virginia snake-root or chamomile infusions are given to strengthen the system; also a few drops of oil of vitriol in every pitcher of water that is drank. Ripe fruits, such as have a sour taste, are highly recommended. Keeping the bowels open by gentle medicines or injections, and being careful that extreme cleanliness and ventilation is attended to, will complete the cure. If

spots appear in the mouth, gargles of goldthread and honey, with a little alum, are useful to remove them.

If there is much mental anxiety or tremors, mustard plasters should be applied to the feet, or these bathed as high as the knees in mustard and hot water; and a teaspoonful of ether or ten grains of Dover's powder taken to induce rest.

I have heard of cures of typhus fever in which all hope was gone, and yet the patients recovered by yeast given by the wineglassful every three hours.

#### CONTINUED FEVER,

Is so called, when it begins in the same manner as the inflammatory fever, but ends in typhus, seeming to be a blending of both. As it assumes the appearance of one or the other, it must be treated accordingly.

*Yellow Fever* and *Ship Fever* are names for varieties of Typhus.

#### NETTLE RASH.

Known by the rapid rise after a slight degree of fever, of the sores resembling the sting of a nettle; they move about from one part of the body to another. They generally last but a short time, from a few hours to one day; in some constitutions, weeks and months elapse before they disappear.

The disease is generally brought on by imprudence in diet, eating something that did not agree. In some cases where the stomach is foul, an emetic is advisable; in others, a purgative will effect a cure. Boneset, or catnep tea will often create a serviceable perspiration.

#### CHICKEN POCK.

Known by a moderate fever, ushering in an eruption of pimples, bearing some resemblance to the small pox, they quickly form pustules, containing a watery matter,

and after three or four days from their first appearance fall off in little scales.

The bowels should be kept open by castor oil, and boneset tea administered to keep up the perspiration. If the stomach is foul at the commencement of the disease, an emetic of ipecac should be given. The diet low, as a matter of course.

## MEASLES.

This disease comes on with the ordinary symptoms of fever in grown persons, but in children, besides these, with soreness in the throat: its characteristic symptoms are heaviness about the eyes, inflammation, and gushing of sharp tears; the eyes extremely acute, and unable to bear the light without pain; with all this is a discharge of watery humor from the nostrils that produces sneezing. The fever and other symptoms increase rapidly: a frequent and short dry cough comes on, with stuffing, great oppression, and oftentimes a disposition to vomit; violent pains in the lungs, and sometimes a looseness. At other times, there is great sweating, a foul and dry tongue, and great thirst. The eruption comes on generally the fourth day; three days afterwards the redness diminishes, the spots dry up, the old skin peels off and is replaced by a new one. By the tenth or eleventh day no traces of redness are to be found, and the skin looks quite natural. As cough, headache and fever continue during the eruption, the patient, at the end of it, is worse off than before, and these symptoms continue, often become aggravated, and lay the foundation for a host of other evils.

The bowels should be kept open during the progress of the disease; castor oil is excellent for this purpose; where the disease sets in with great violence, moderate bleeding is highly serviceable, and will prevent much after trouble. Two grains of James' powder, and half a grain of ipecac, mixed in a powder, may be given every two hours, to promote sweating. When there is much wheezing, give an emetic occasionally. The

cough may be relieved by flaxseed tea, or any similar soothing drink. The diet should be light. Throughout the whole course of this disease, look occasionally to the lungs and bowels: if either become affected, remedies may be found under their proper heads, as also if symptoms of typhus appear.

If, by any means, the eruption has been imprudently checked, and the usual distress follows, put the patient at once into a warm bath; give hot catnep or hoarhound tea, and if much sinking occurs, a little ether or brandy; these means will generally suffice to hurry it on.

Avoid exposure of all kinds, for some time after recovery; wear warm clothing, and be attentive to the diet and state of the bowels.

#### SCARLET FEVER.

This begins with languor, inactivity, confused ideas, and chills and shivering, alternating with fits of heat. There is much thirst; a dry skin, anxiety, nausea, and vomiting. About the third day, a scarlet efflorescence appears on the skin, the fever most times still continuing; in three or four days this departs; a general sweat breaks out, the fever subsides, the outer skin falls off in small scales, and the patient becomes well. Sometimes a dropsical swelling will replace the reddening, and cover the whole body, lasting, however, but a short time.

When it comes on in a more violent manner, the above symptoms, at the commencement, run still higher. there is vomiting of bilious matter, soreness of the throat, and inflammation, succeeded by ulceration of the tonsils; the breathing is frequent and laborious, and the pulse small and depressed. The reddening on the third day only aggravates the existing symptoms, and often brings out worse ones; in its progress, a universal redness, without pustules, pervades the face, body and limbs, causing those parts to swell. The eyes and nostrils are also reddened; in proportion, as the eyes have an inflamed appearance, so does the tendency to deli



rum increase. From the first, the inside of the throat is very much inflamed; grayish sloughs soon appear, giving the throat a speckled appearance, and making the breath smell very bad. The patient is often cut off in a few days: if recovery ensues at all, it will be slow; dropsy is apt to follow, as well as enormous swellings around the glands of the neck, which form matter very slowly and completely exhaust whatever little strength the patient may have left.

The worst form of the disease puts on at its commencement symptoms the same in kind as the others, but more intense; the pulse is small and indistinct, and irregular; the tongue, teeth and lips covered with a brown or black crust; the eyes of a dull red; dark red flushing of the cheeks; deafness, delirium or insensible sleep; the breath smells extremely bad; the respiration is rattling and performed with difficulty, in some measure arising from thick phlegm clogging the parts behind the mouth; swallowing is painful and difficult; the neck is swelled and of a livid color, and the head is drawn back. Ulcerations may be observed on the tonsils covered with dark sloughs; the tongue has the skin removed from it by the slightest touch, and is painfully tender. An acrid discharge flows from the nostrils, raising blisters and chaps about the nose and lips: at first this discharge is thin, but afterwards thick and yellowish. The rash is generally very faint except in a few patches, and it soon changes to a dark or livid red color; it appears late; is uncertain in the period of it, staying and often mixed with livid spots; sometimes goes away the first three hours after forming and does not return for three days. In an advanced stage, bleedings take place from various parts of the body.

When this disease is going off, the fiery redness abates gradually; a brownish color succeeds, the swellings go down and health is gradually restored. Where it is to prove fatal, the fever runs high from the start; the skin is hot and dry; the pulse frequent and small; great thirst prevails; the reddening appears on the



second day, or sooner, and on the third or fourth is interspersed with livid spots ; a high degree of delirium arises ; bleedings take place from various parts, and the patient is cut off the sixth or eighth day. In some instances a purging arises which takes the patient off at once. Some again get over all this, become dropsical, fall into a decline, and are carried off in a few weeks.

In the first or simple form of the disease we have mentioned, nothing is required beyond keeping the bowels open ; inducing a perspiration ; making the diet light, and removing the patient to a cool, quiet room. Cold water in all diseases where there is thirst, may be used moderately, except, of course, in cases where its mere bulk would cause trouble, as in inflammation of the stomach and bowels, and then the thirst may be removed by sponging the mouth and throat and allowing ice to melt in it. In all cases the patient should be removed to a cool, quiet room, if possible. Where the skin is very hot and dry, sponging its surface with cold water will give immediate relief.

Where the throat is affected and the fever runs higher, we must be guided by the symptoms as to whether they point to an inflammatory or typhoid character, and treat accordingly. In general, an emetic of 20 grains ipecac and one of tartar emetic, will prove serviceable by clearing the stomach, reducing the fever, and relieving the throat. A large dose of castor oil should succeed this ; but it should be kept in mind that where the fever is high and the throat much affected, an occasional emetic, such as mentioned, is extremely useful. Ipecac and squill may be given in small doses to promote sweating, (ipecac, 2 grains ; squill, half a grain.) Boneset and catnep teas are also useful for this. When the skin continues permanently hot and there is much fever, immediate relief can be afforded by sponging the body from head to feet with cold water, until the patient feels better : this method is inexpressibly grateful and refreshing. Where the inflammation in the throat runs high, leeches should be applied to the outside

freely, followed by blistering behind the neck and ears: the mouth and throat should be freely gargled; balm or any mild herb tea is good for this purpose, with saltpetre dissolved in it. I have found great benefit in the use of a gargle made by putting a few drops of aqua fortis or nitric acid into a pitcher of water, or enough to make it taste very slightly sour, and often and freely rinsing the throat and mouth with it.

When the disorder puts on a typhus character and there is much sinking, a more generous diet is allowed: wine is sometimes given in alarming cases, with strengthening medicines, as infusion of columbo, (one ounce to the pint of hot water, allowed to stand two hours, strained, and a tablespoonful taken for a dose.) Alarming symptoms often spring up which require immediate alleviation. Vomiting should be relieved by soda water, or an effervescing draught made by adding a teaspoonful of saleratus to a teaspoonful of lemon juice, in half a glass of water, and drink while foaming. A strong mustard plaster, or blister, to the stomach, is also useful if there is much tenderness on pressure. Looseness should be stopped by half grain doses of opium and ipecac, given every two hours. Dropsy and all other local diseases treated as directed under their separate heads.

After the scarlet fever had gone off, I have seen the glands on the throat swell to an alarming size, so that the neck could not be distinguished; the respiration wheezing, and suffocation threatened every instant; the skin hot, and fever. I have applied a number of leeches at once to the outside of the throat; or where these were not convenient, given a strong emetic and immediate relief has generally been obtained. After the immediate danger is over, the formation of matter should be assisted by poultices.

#### SMALL POX.

*Distinct Form.*—When this disease has arisen naturally, the eruption is commonly preceded by redness in

the eyes, soreness in the throat, pains in the head, back and loins, weariness and faintness, fits of heat and chilliness, thirst, nausea, sometimes vomiting and a quick pulse. Sometimes these symptoms are extremely violent, at others quite mild; very young children often have convulsions.

On the fourth morning from the seizure, the eruption shows itself in little red spots on the face, neck, and breast, and these continue to increase in number and size for three days longer, at which time they are to be observed dispersed over various parts of the body; if the pustules are not very numerous, they will be much abated or entirely cease. The determination to the skin often brings out little spots of the nature of erysipelas, but these usually disappear as soon as matter begins to form in the pustules, which is generally the fifth or sixth day, at which period a minute bladder containing a watery matter, may be seen on the top of each pimple. If the pustules are perfectly distinct from each other, they will be filled by the ninth day with thick yellow matter; but if they run into each other, it will take a longer time to effect this filling.

When the pustules are very thick on the face, it is apt to become swelled, and the eyelids closed, before which the voice is hoarse, swallowing is difficult, and a considerable quantity of thick spittle is discharged. On the eleventh day, the swelling goes down to settle on the hands and feet, and the pustules break, and the matter runs out; the pustules become dry and fall in crusts, leaving the skin for some days after of a brownish red color. Where the pustules are large, and late in falling off, they are apt to leave pits behind them, but where they are small, few in number and form matter quickly, no marks are left, or much disturbance occasioned in the system.

*Confluent Form.*—In that form of the disease where the pustules run into each other, the fever that precedes them is much more violent, and there is often drowsiness or delirium. In infants, violent convulsions occur, which often prove fatal before the eruption. The pus-

tules come out on the third day, frequently preceded or accompanied with a rosy flush, like the measles; the fever does not go off, and although it diminishes a little, yet increases on the fifth or sixth day, and continues through the rest of the disease. There is a considerable flow of spittle in adults, and in children a looseness of bowels. The little bladders on the top of the pustules are perceived sooner than in the other form of the disease, but instead of rising up, they are usually flattening, and the matter in the pimples, instead of becoming yellow, is of a brown color. When the swelling of the face ceases, and that of the hands and feet begins, the pimples pour out a liquor that forms into black or brown crusts, which upon falling off, leaves pits that mark for life, and by the running in of the pimples together, often scar and disfigure the face; sometimes when the disease is exceedingly violent, livid spots are seen among the pustules, and discharges of blood take place by urine, stool, and from various parts of the body. The fever becomes more violent when the pustules are filled with brown matter; it is called secondary fever, and is the most dangerous stage of the disease.

It has been noticed as a remarkable fact, that small pox is apt to appear before or after the prevalence of measles; and that this last disease, will seize a patient affected with small pox, and run through its course, allowing the small pox then to continue its progress. Between the eighth and eleventh day, is the time for this disease to prove fatal, but it is now and then protracted to the sixteenth day.

The treatment varies according to the kind of disease. In the distinct form, where the constitution is good, and habit stout, a little blood has been taken. If the stomach is not tender, an ipecac emetic is advisable, and then clearing the bowels with a strong dose of castor oil; sweating remedies should then be used, as boneset or catnep tea, or ipecac in small doses. The patient should be freely exposed to the cold air, and where there is great heat and redness of skin, the body sponged with either warm or cold water, the most pre-



ferable to the patient's feelings being chosen. The diet should be light. When the eruption appears, there is little occasion for further treatment.

In the confluent form, an emetic may be given, the bowels opened, and of course kept open by gentle means, and sweating induced. If the head is affected, soak the feet in warm water, in which mustard is mixed, and apply mustard plasters to the soles of the feet and thighs. Where the skin is pale and cold, and the pulse weak, the tepid bath is useful in hastening the eruption; when at a more advanced period the postules flatten, and alarming symptoms follow, ether, wine, or laudanum may be given. When the disease takes on a debilitating appearance or typhoid character, use the remedies recommended in typhus fever, for strengthening the system. Diarrhoea during the secondary fever, should be moderated by a powder composed of

Dover's powder, 6 grains.

Powdered chalk, 6 grains,

And repeated, if the bowels continue as loose as before. In violent and continued vomiting, give

Powdered opium, 3-4 of a grain.

“ Camphor, 1 1-2 grains,

In the form of a powder, repeating, if necessary. The eyes may be kept from injury, by placing against them pieces of linen wet in cold water; it is very effectual and agreeable. By the last accounts it is said that blistering the pustules, and thus breaking them, and scattering their contents, will prevent the pitting.

#### VARIOLOID, OR MODIFIED SMALL-POX.

This disease occurs in consequence of exposure to small-pox contagion of a constitution previously acted upon by the cow-pox. Persons may take the small-pox twice, and such cases I have seen personally, but they



can never take it if properly vaccinated—the only disease with which they can then be affected is the varioloid.

The varioloid, in the majority of cases, is preceded by a slight fever, though instances occur in which it is as violent as in severe small-pox: the eruption then appears in successive clusters, coming out in no certain period, in different cases of disease, but varying from the fever, so that the patient often gets up when the pustules come out. A red flush or rash, resembling measles, not unfrequently comes out before the pimples; these much resemble the milder cases of chicken pox, and many times the small, firm, red, raised spots are changed to little watery bladders, in the course of the first or second day; many times, however, they dry off at once. Sometimes the little bladders become filled with a fluid resembling matter, and are a little flattened in the centre, but change by the third or fourth day into thin dark scabs, which separate, and drop off by the seventh day. The vesicles rarely or never pit the skin, though warty substances have remained after them.

This disease, of course, requires only a light diet, free access of air, and open bowels, to get well of itself; if any other symptoms arise, directions for the treatment may be found under the head of small-pox.

#### COW-POX—VACCINATION.

A clearly defined circular space, not very large, with appearances of lines running from the centre to the edges, and full of punctures—will mark the genuine cow-pox sore. The seventh day is the best time for taking out the matter: slightly cut the edge of the pustule and press it gently out, then rolling the quills in it and allowing the lymph to dry on them.

In order to vaccinate, cut a piece of one of the quills to a sharp point, and having first pushed the lancet or blade of a penknife a little way under the skin, insert the quill in the incision, and allow it to remain there some five or ten minutes, that will be sufficient.

If inflammation of the arm follows, treat it on the ordinary plan.

#### FEVER AND AGUE.

Well known, without particular description, by its cold, hot, and sweating stages, succeeding each other in regular order, and followed by an intermission or remission. There are three kinds of them:

The quotidian ague. The paroxysms returning in the morning, at an interval of twenty-four hours.

The tertian ague. The paroxysms coming on at mid-day, at intervals of forty-eight hours.

The quartan ague. The paroxysms coming on in the afternoon, with an interval of seventy-two hours. The tertian is most apt to prevail in the spring, and the quartan in autumn.

Of the many means adopted for cutting short the cold stage, emetics and opium seem the most efficient; though blood-letting has been tried with marked success. It must be understood, however, in this place, that the ordinary intermittants of temperate climates rarely require any interference during the paroxysms. In weak and debilitated persons, where the disease is severe, the exhibition of a grain or two of opium, a short time before the chills come on, will often cut them short at once.

In the hot stage, where the fever runs high, blood-letting will not only be beneficial at the time, but render the system more capable of being affected by the remedies afterwards used to alleviate the disease. When the skin is hot and dry, and the pulse full, drinking cold water will give relief. Sweating drinks, as boneset and catnep, or the exhibition of small doses of ipecac, are also useful. To check the excessive vomiting, give one grain of opium and one of camphor, mixed. Dr. Eberle recommends as a means of checking vomiting, in all cases unattended with inflammation of the stomach, the following solution:

Dissolve 40 grains of camphor in one ounce of sul-

phuric ether : dose 20 drops, given with 10 grains of calcined magnesia, repeated every half hour, until vomiting is arrested.

As soon as the first evidences of perspiration break out upon the skin, withhold entirely all cold drinks; take-warm teas, of a mild character, may be given freely, as the patient requires.

In cases where there is considerable feverish action between the paroxysms, it will be proper, before giving the barks, to reduce this action: bleed, if necessary; purge with epsom salts, and administer the sweating powders. Emetics are also very useful, if the tongue is foul. When, after the exhibition of all these remedies, the excited state continues between these paroxysms, it is well to wait for four or five attacks before the barks are exhibited, merely giving a purge every other day.

When the fits leave the patient comparatively well, no further time should be lost; a mild purge should be given, and then the remedies administered. Peruvian bark, and its extract, quinine, have long held the first rank for this purpose. When the bark alone is employed, at least two ounces should be given between the fits of quotidian, and so in proportion for the other forms.

Dr. Eberle says "that whatever views we may adopt with regard to the time at which it may be best to begin the bark or quinine, there can be no doubt concerning the propriety of giving large doses, in such a manner as to make a decided impression on the system in the latter period of the intermission. I am satisfied that two or three large doses—three grains of the quinine, given two or three hours before the paroxysm, will do more towards averting it, than a large quantity exhibited in small doses during the whole intermission. If the bark in substance be employed, not less than one quarter of an ounce should be given at each dose: such doses taken at intervals of an hour and a half within the last five hours of the intermission, will perhaps, do all that can be effected by bark in this disease."

If the bark is apt to constipate, give a dose of rhubarb with every dose of the bark. if it purges, give

five grains of Dover's powder with every dose if it is thrown up from the stomach, give snakeroot with it. Of course, if the stomach is irritable, the proper means should be taken for restoring it, as cupping and blisters.

When quinine is given, the following mixture is very useful. Take

Sulphate of Quinine, 16 grains ;  
Elixir of Vitriol, 16 drops ;  
Water, 1 ounce ;

Mix thoroughly, and give a teaspoonful every hour or two for adults, and in proportion for children.

Willow bark is coming into extensive use : its properties are similar to cinchona, or Peruvian bark. Its dose is from half an ounce to an ounce. Salacine, an extract made from it, similar to quinine, is given in doses of three or six grains, each time.

Spider's web, such as we find in our cellars, has been used with great success, in doses of five or six grains every three or four hours. Dr. Eberle says—"In my own person, it produces the most delightful state of mental and corporeal tranquility, far exceeding that which is caused by opium."

#### FALSE FEVER AND AGUE.

In fever and ague districts, there are cases in which pains come on in various parts of the body, at regular times ; as also toothache, rheumatism, diarrhœa, dysentery, hiccup, etc. etc. Sometimes these are preceded by chilliness, and succeeded by a moist skin. The same remedies should be applied in these and as in that of fever and ague.

In fever and ague, when the stomach, liver or any other part becomes inflamed, directions for treatment may be found under its appropriate head.

#### SCURVY.

Known by extreme debility ; pale and bloated com-



plexion ; spongy gums ; livid spots on the skin ; offensive breath ; watery swellings of the legs ; bleeding from various parts of the body ; foul ulcers, and extremely offensive stools. It generally arises from a want of fresh air, cleanliness, and nutritious food.

The cure must be effected principally by diet and exercise, together with cheering the mind of the patient. The patient should be supplied with wholesome food, and as many fresh vegetables as he requires. Oranges and lemons are also useful, as they contain a quantity of acid in themselves. Vinegar, spruce beer, cider, and such like are also extremely beneficial. The spongy state of the gums may be improved by a wash made by dropping oil of vitriol into water until it sours it. Decoctions of cinchona and willow bark are also useful as washes for the same purpose. The limbs may be eased of their stiffness by rubbing with the hand, or fomenting or poulticing them. In hot climates the earth bath is tried with evident success. Keep the patient perfectly clean, and let him be out in the open air and exercise as much as he can without fatigue.

#### CHRONIC BRONCHITIS.

*Bronchial Consumption.*—Known in its simple form by the name of Catarrh, in old people. There is a cough which is very troublesome, and attended with a free expectoration of a white, frothy mucus ; the respiration is uneasy, and now and then there is wheezing ; there is a sense of weight at the pit of the stomach ; loss of appetite ; tongue a little furred ; bowels irregular ; urine scanty and red ; and pulse quick, more so towards evening. The coughing is most severe on rising in the morning, when a considerable quantity of this frothy mucus is spit up. It is also aggravated by passing into colder air, or into an atmosphere where are irritating vapors, fire or smoke. When this has been neglected for a long time it often ends in



## CATARRHAL CONSUMPTION,

Between which and the true tubercular consumption, few people discriminate, though the difference is of great importance in the treatment. As the symptoms of bronchitis progress, the expectoration is thick, opaque and sticky, so that you can turn the basin in which the spittle is received, upside down, without its falling out : small lumps of firm mucus are found in it which are capable of sinking in water ; and there are also little flaky substances formed capable of floating on water. At last the expectoration will resemble cream, or be of a uniform, greenish yellow color, sinking readily in water. By this time, of course, there is considerable fever, slight at first, but increasing in intensity till the head and breast perspires regularly every night ; there is now more thirst, the urine is high colored, letting fall a red sediment on standing ; a sense of soreness in the chest ; now and then a stitch, but very rarely any fixed pain. These symptoms, if neglected, increase in intensity until the cheeks regularly flush in the afternoon ; the tongue becomes clean and assumes a shining appearance ; exhausting sweats come on ; diarrhœa supervenes, and the last act is ushered in by the swelled ankles. Eberle mentions that when this form of bronchitis is complicated with disease of the liver, it is generally termed

## DYSPEPTIC CONSUMPTION.

Known, besides the symptom smentioned, by tenderness and tightness at the pit of the stomach, extending below the ribs on the right side ; irregular bowels, with unnatural stools ; sallowness of the skin and yellow of the whites of the eyes ; windy stomach ; indigestion, with variable appetite ; cough after eating, with increased difficulty in breathing ; now and then nausea and vomiting.

In the early stage of chronic bronchitis, where the pulse is active, the application of cupping glasses to

the chest has been attended with benefit ; but caution should be used, as the abstraction of even a small quantity of blood has increased the general irritation, and added to the weakness. The skin should be guarded from all atmospheric changes by the constant use of flannel. The best remedy that can be obtained is residence in a mild and even climate. I would recommend that of Curacao, on the shores of South America, for that purpose. The temperature is delightful, and it rarely rains. When I visited the place, some three years ago, there were visitors from many of the West India islands, there solely for purposes of health, it being a common custom in these islands to send those afflicted with complaints of the chest to Curacao to recover. If the patient's situation, however, does not allow his going to such places, the air of his rooms should be kept at an agreeable and regular temperature at all times, and when the weather is mild, exercise taken in the open air.

I have often given immediate and permanent relief in chronic bronchitis by the use of the following mixture. Take

Balsam of Copaiva, 1-2 an ounce ;  
Carbonate of Potash or Saleratus, 1-2 an ounce ;

Dissolve in two tablespoonsful of water.

Sweet spirits of nitre, 1 ounce.  
Thick syrup or molasses, 1 pint.

Shake them always well together before using ; the dose is a tablespoonful directly after every meal.

Blisters have been applied to the chest with good effect ; if used, make a large one, and heal up as soon as possible ; but the most efficient remedy, is to rub over the chest an ointment of tartar emetic, made as follows ;

Tartar emetic, 1-8 of an ounce.  
Fresh larā, 1 ounce : mix

This, in the course of a day or two, will bring out a crop of pustules, which should then be kept covered with large emollient poultices, till the pustules are entirely healed. The same course should immediately be repeated, and continued as long as irritation on the outside of the chest is required.

In advanced stages, where the expectoration puts on the characters of pus or matter, benefit has been derived from the following mixture :

Take Tincture of Foxglove, 1-2 an ounce.

“ of the Balsam of Tolu, 1 ounce ; mix.

Dose, a teaspoonful three times a day.

Sometimes in old persons, where there is not much fever, the cough is troublesome, and prevents sleep ; some six grains of Dover's powder, given in such cases, will procure a comfortable night's rest. Two or three grains of extract of Lettuce, will also have the same effect.

A remedy greatly prized in this disease, is made by taking

Sugar of lead, 1 grain.

Extract of henbane, 1 grain ; mix,

and give it three times a day.

When this affection is complicated with disease of the liver, pustules may be produced on the pit of the stomach and lower edge of the ribs on the right side, and an infusion of roots of the blue flag taken.

Englehard's mixture is celebrated in cases of chronic catarrh, when the expectoration resembles matter. It is made by taking of

Extract of henbane, 60 grains.

Flowers of sulphur, 60 grains.

Extract of liquorice, 60 grains,

and mixing them well together. Dose, eight grains of the mixture, to be taken three times daily.

The root of *Actea racemosa*, or herb Christopher, has been much used in the form of infusion—one ounce to a pint of water; dose, a tablespoonful every four hours during the day.

#### RING-WORM.

This commences with slight itching and redness, succeeded by a ring of little round bladders, full of a watery fluid, which break on the fifth day, and change into brownish scales, which in turn fall off by the ninth day, leaving a red flush, which gradually goes off. Successive crops may come out, so that the disease is kept up for weeks, causing most of the time a tingling itching sensation. It occurs mostly on the neck and face.

By far the best application to this is made by boiling the grated root of the common narrow-leaved dock in lard, and applying it to the sore. If the bowels are bound, give castor oil. Washes are sometimes used with good effect, of white or blue vitriol, sixty grains of either, dissolved in a pint of water, or saleratus, or soda, one quarter of an ounce dissolved in a pint of water.

#### ITCH.

This well known and troublesome contagious disease, requires no particular description; in it the bowels should be kept open, and an ointment applied to the skin, made as follows :

Take of melted lard, 1-2 a pound.

“ of flower of sulphur, 1-4 of a pound,

mix them together well. Let one quarter of this be rubbed on the surface of the body each night four times successively. A strong decoction of yellow dock, drank plentifully every day, will assist the cure.

## SCALD HEAD OF CHILDREN.

This is characterized by small ulcers at the root of the hairs of the head, which produce a white friable crust.

The head should be kept perfectly clean by washing, and the ointment of yellow dock applied, mentioned under ring-worm; the bowels kept open, and the surface of the skin frequently washed.

## DISEASES OF THE SKIN,

Both in children and adults, most often proceed from want of cleanliness, and attention to the state of the stomach; and nature kindly takes this means of warning, by painting on the skin in pretty legible characters, our danger, and her dissatisfaction at our neglect.

It can easily be perceived, therefore, the importance of frequent bathing, and of not allowing the bowels to become disordered, and that restoring the functions of both skin and stomach, will do much to effect a cure.

## SALT RHEUM,

A well known eruption coming out on different parts of the surface of the body; sometimes affecting the whole surface, and at others, the back of the hands or face. It is attended with great irritation, producing intolerable itching and heat.

Look first to the state of the stomach and bowels; let them be kept open, and the discharges healthy in appearance: the diet should be moderately light and nutritious.

I have always found considerable benefit in diseases of the skin, where they seemed tardy and unyielding by the exhibition of Lugol's solution of iodine, from one to three drops taken after eating each meal: it may require time to produce any effect, but give it that time, and it will generally cure.

Scrutinize carefully the patient's manner of life:



something is undoubtedly wrong, and after once discovering the thing wrong, set it right. Bathing either in warm or cold water is undoubtedly of great service.

Many things are used as applications to put on the affected parts; great benefit will be derived from mixing an ounce of citron ointment with three ounces of fresh lard, and rubbing the mixture on the part. An ointment of equal parts of lard and tar, is also useful; as is also the yellow dock, mentioned before. I have been informed that poke-berries, simmered in hog's lard, have many times effected a cure. Poke-berries ironed flat, and put on the affected parts, almost always give present relief from the itching.

#### TOOTHACHE.

Though the only infallible remedy for this complaint is to extract the tooth, yet many remedies will relieve the pain, if not cause it entirely to cease. A sheet of writing paper, rolled up in the form of a cone, and set on fire, will leave behind it on the plate some drops of caustic oil: apply this to the inside of the tooth, and it will give ease. Oil of cloves is also used, for the same purpose. The most efficacious remedy I have ever seen to relieve this tormenting pain, is, next to kreosote or oil of smoke, a preparation made by pounding alum fine, and on the powder dropping enough of sweet spirits of nitre to wet it: fill the cavity of the tooth with this.

Sometimes the pain extends to one or both jaws, and it is difficult to point out the particular tooth that aches the most; in such cases, a warm poultice, made by slightly boiling a decoction of poppy-heads with Indian meal, will give relief, if applied to the jaws: a mustard plaster or blister put behind the ears, is also serviceable.

#### SWELLED BREASTS.

Sometimes the breasts swell and become painful from the distension occasioned by the quantity of milk they

contain; and the trouble increases if there is no means of emptying them by suction. In such cases, a quart bottle should be taken, that has a smooth and even opening, and held over the steam of boiling water till it becomes full of the vapor. Have ready, in the meanwhile, cloths wet with water as cold as can be procured. Now apply the opening of the warm bottle filled with steam to the nipple, see that it completely covers and encloses it, press down on the breast a little with the bottle, and then instantly surround it with the cold clothes: a vacuum will be instantly produced, the nipple will rise into the bottle, and such a pressure be exerted by the atmosphere upon the breast as will cause the milk to run out: if the whole process is conducted with care and rapidity, the operator will have the satisfaction of seeing a stream of milk forced into the bottle as from a fountain, the breast soon emptied, and of course instant relief afforded.

Where the breast hardens, rubbing with camphorated spirits is useful; if it is hot and very painful, apply leeches: when matter forms, open it at once, and then use poultices. Should there be fever, use the means recommended in another part of the work.

#### NIGHT-MARE

Is caused by eating too heartily at supper; avoid the cause, and lie on the side instead of the back: sometimes this is complicated with

#### DISTURBED SLEEP,

In which the person, almost the moment his eyes are closed, imagines himself falling down precipices or coming on their edges, and in all other kinds of horrid dangers. This is a serious matter, and should be remedied as soon as possible. The bowels should be kept regular, the food should be light, and only that kind eaten that is known to agree well—the mind kept in a cheerful frame, and exercise enough taken to keep

within the bounds of fatigue. Various causes bring on this disease, as fright, disordered stomach, etc.; after a little time it disorders the nerves, engenders hypochondria, and in some cases so great is the effect as to cause death.

When a boy, I was much troubled with this disorder; I would hardly close my eyes before I found myself on the borders of a precipice, and had to struggle with the utmost desperation to prevent falling over it; despite all the terror, too, I distinctly remember that an indistinct notion that, after all, it was but a dream, was generally present; yet this did not save me from intense fear. In reading, one day, I encountered the narrative of a case similar to my own, in which the writer mentioned having at last cured himself by resolutely jumping over every precipice that presented itself, and in the same manner encountering every kind of danger, without the least hesitation. I followed his example, and that very week jumped over two precipices, and leaped from the sky-scraper of a man-of-war, where some deadly enemies had chased me, and having got me up, were endeavoring to push me off into the water. After this, the disease ceased of itself.

#### CRAMPS,

Or contractions of the muscles, which remain fixed and cause much pain. They occur mostly in the legs: they may be relieved and the muscles relaxed by assiduous rubbing. C. R., a friend, informed me that in boyhood he was much troubled in this way, and would be frequently awakened out of sleep by the pain. At last he found permanent relief by wearing a small linen band on each leg, filled with flour of sulphur. Some three or four times these bands were accidentally left off, and just as surely did the pain and cramps come on.

Any stimulating linament may be used, but it is only the rubbing that can be relied on. What is called

## CRAMP IN THE STOMACH,

May be relieved by oil of peppermint dropped on sugar, or hot teas of any kind. The pit of the stomach should be rubbed with stimulating linament; the feet placed in hot water, and mustard draughts applied to them, together with a repetition of the above means, if relief is tardy.

## RUPTURE IN CHILDREN.

Children are very subject to this, in a small degree, from the separation of the umbilical cord. When the bowels protrude, lay the child on its back and gently, little by little, push them back again; then put a bandage round the child's body, just tight enough to prevent its slipping off; have a cent wrapped up in it, which should be placed so as to press against the opening: these means will generally suffice to cure.

When the bowels of a child come down on its going to stool, it shows some straining has taken place: after returning them, it is well to apply, for a few minutes, some cold water, in which a little alum is dissolved, and afterwards keep them properly open.

## CORNS

Are so called from their shape, resembling corns of barley. They are composed of hardened skin, and arise indifferently from wearing too tight or too loose shoes. The only permanent remedy afforded is by procuring shoes of a proper size.

To cure them, soak the feet in warm water and then begin paring them off with rather a dull knife, the object being to scrape up the edges of the corn. Having once freed its edges, it can then be easily taken out at once. Removed from the foot, it resembles a cone, flat at one end and running on all sides to a sharp point. Then drop on the part from which the corn was taken some spirits of camphor cologne water, or any



other stimulating lotion. It will change the action of the parts and prevent another corn being formed.

### WARTS

Are cured by various applications, among the best of which is the juice that exudes from any of the species of milk-weeds, when a stem is broken across. This juice will prove most efficacious if applied just before the plant begins to flower. Lunar caustic, slightly dampened, is touched to them; as also aqua fortis and oil of vitriol. Some recommend rolling up a spider's web on the wart and burning it, retaining the ashes after combustion, by spreading a little salve on a rag and binding it around the wart.

### BURNS.

Wrap the parts in a mixture of sweet oil and lime water, first removing from the sore any foreign substances that may have entered; continue the applications until the pain has abated. If matter forms, and the parts have been deeply burnt, apply the yeast poultices, made by mixing hot yeast with a mixture of warm water and Indian meal. The great object is to secure the part from the action of air. Immersing the parts suddenly in cold water will at once relieve the pain: if this is tried, the parts should be kept permanently wet with the water until the pain ceases, when it is removed. If blisters form, do not open them, but pierce the live skin a little distance from the burn, so as to enter it; the water will then run off and the live skin close of itself, and thus all smarting be prevented, for this only happens where the air has access to the burnt parts. If it still continues to pain after drawing off the water, apply cold cloths till it ceases.

### SCALDS,

Of course, are treated in the same way • both are



dangerous, not only according to the depth at which they penetrate, but the amount of surface over which they extend. The diet should be light, and the bowels kept freely open.

#### SUDDEN FAINTING.

Many persons are liable to this, and such should always look well to their general health ; keep the bowels regular, the head cool, and the feet warm, and be sure to take exercise in the open air. Sedentary occupations often bring on dizziness and faintings ; it is nature's method of warning those affected, to leave such business ; and her warnings should be attended to in all cases, or fatal results will assuredly follow.

During the paroxysm, the patient should be laid down at once on the floor, with the head low, cold water sprinkled on the face, ether or brandy poured down the mouth, and the hands and legs well rubbed. As soon as animation returns, they will want water, let them drink freely, and after resting awhile, return home, if they are away from it. In a man, it is well to loose the neckcloth and vest ; in a lady, to unhook her dress and undergarments, so that they will be loose about her.

#### RUSH OF BLOOD TO THE HEAD.

Belongs to the same family, and calls for exercise in the open air ; to work the body more and the mind less. The remedies are the same as in the sudden faintings, to which this often tends.

#### SPRAINS OF THE WRIST OR ANKLE,

Can be best relieved by hot fomentations of worm-wood and vinegar, keeping the parts well wrapped up in it, and using them with caution for some time afterwards. When the pain is relieved by the fomentation, and ceases to be acute, the part may be rubbed with a little linament frequently, to great advantage.

# WOUNDS.

Where parts are bruised or wounded, bind them up in their own blood ; balsam of fir is also a good application, as it excludes the air. If there is much pain, keeping cold water bandages over the parts will give relief.

# DEAFNESS,

Often arises from the ear being clogged up, or the mucus thickened on the drum ; wash it out well with warm water, and drop in daily a few drops of the following mixture

Olive oil, 1 ounce.

Laudanum, 60 drops ; mix.

A blister behind the ears will sometimes relieve.

# RUNNING AT THE NOSE.

Merely symptomatic of cold ; a slight pinch of white hellebore and common snuff will often effect a cure at once ; so will a few doses of the mixture of balsam copava, mentioned a few pages back. If these means do not answer, covering up warmly at night, and drinking hot boneset tea, will effect a cure, by ensuring thorough perspiration.

# CHAPPED HANDS.

Some years since, I was much troubled with chapped hands, and so much effected were they, as to frequently bleed. I tried various methods of relief, without success. At last I procured some honey, and bathed the hands with it, washing them in the mean time in warm water, with good castile soap, to remove all dirt and relieve the irritation ; in half an hour they were perfectly healed, and I have never known the plan to fail when tried by others.

## CHAPPED LIPS,

are of the same nature, and curable without trouble, by the same means, only that the castile soap should not be used with the warm water while washing them.

## WORMS ON THE FACE.

Caused by want of sufficient cleanliness, or by a foul stomach, or teeth coated with tartar.

Wash the face at first in warm water, then when the skin is sufficiently relaxed, squeeze out every black and yellow spot that presents itself; by the time that operation is finished, the face will be red and painful, wash now in cold water, until it is relieved; often, while washing, dash the cold water up against it. After this, be careful to wash the face in cold water after every meal; never use soap to it in any form. For a week after you have squeezed out the spots, bathe the face every morning in a lotion made by pouring twenty drops of tincture of benzoin into a gill of water; this will have an extremely beneficial effect on the face, and prevent the appearance of any more spots; be on the watch, however, when they do present themselves, to squeeze them out at once; this is your only security.

If the teeth are affected, cut a piece of pine stick to a dull end, dip this end in emery powder, and rub it on the teeth, and between them, till you have thoroughly removed every particle of tartar. Be sure to use the tooth-brush and cold water every morning afterwards; a tooth powder is requisite, and it had best be made at home, to ensure a knowledge of its being genuine, and good for something.

## TOOTH POWDER.

Take of Powdered Chalk, one ounce,

“ “ Orris-root, half an ounce,

“ “ Emery, one-eighth of an ounce,

“ “ White Sugar, half an ounce.

Mix them thoroughly together; the compound makes an extremely elegant and useful preparation.

If the bowels are out of order, I need only refer, of course, to previous directions for setting them right.

### BOILS

Of all kinds should be warmly poulticed, and opened at once, when they begin to point; soaking the part in warm ley will ease the pain. If proud-flesh appears in the course, sprinkle on it powdered blue vitriol, or touch it with lunar caustic. Be sure to keep the parts perfectly clean, washing out often with warm water.

### ULCERS.

Sometimes ulcers break out on the ankle, and continue spreading; and after a little time, the other ankle becomes also affected. The best remedy that can be applied, is to bind strips of adhesive plaster over the sore, so as to bring the parts on each side nearer together, and give the sore, as it were, no care about supporting itself; many a patient is cured in this way alone, to whom all other remedies would be worse than useless.

Issues are useful at times, in the calf of the leg; the easiest way of making

### ISSUES,

Is to put a blister plaster, the size of a shilling piece, over the part where you want the issue; when blistering is produced, put a wooden pea on the bare flesh, with the outer coat of skin removed, and keep it there by fastening strips of adhesive plaster around it; the irritation produced will keep up a constant discharge, and effect the purpose required. When the ulcer heats remove the pea, and the sore will get well of itself.

## SWELLED VEINS

Should in all cases have a proper bandage applied to them; the patient has no other security from a constant liability to sudden death, by their rupture.

## STIFF JOINTS

Should be well rubbed or kneaded with the hand. Any kind of linament may be used, but the principal reliance must be on the rubbing.

## EXCESSIVE COLD

Will at last kill the parts so as to cause them to mortify. When a person has reason to suspect that a part has been frost-bitten, let him rub it with snow or cold water, until the natural warmth returns; on no account, go near the fire at first, for such a course of proceeding is productive of much injury.

When excessive cold acts upon the system, an almost irresistible inclination is felt to sleep; but, if this is given way to, certain death will result. If heat is directly applied, during the prevalence of this drowsy feeling, it will kill whatever part it touches. A story is told by Mr. Knapp, in his "Journal of a Naturalist," of a travelling man, one winter's evening, who laid down upon the platform of a limekiln, placing his feet, which were benumbed with cold, upon the heap of stones, newly put on to burn during the night. Sleep overcame him in this situation; the fire gradually rising, and increasing until it ignited the stones upon which his feet were placed. Lulled by the warmth, the man slept on; the fire increased until it burned one foot (which probably was extended over a vent-hole) and part of the leg above the ankle, entirely off; consuming that part so effectually, that a cinder-like fragment was alone remaining; and still the wretch slept on, and in this state was found by the kiln-man in the morning. In-



sensible to any pain, and ignorant of his misfortune, he attempted to rise and pursue his journey, but, missing his shoe, requested to have it found; and when he was raised, putting his burnt limb to the ground to support his body, the extremity of his leg bone crumbled into fragments, having been calcined into lime. Still, he expressed no sense of pain, and probably experienced none; he survived his misfortunes about a fortnight, but the fire having extended to other parts of his body, recovery was hopeless.

#### CHILBLAINS,

In which the parts assume a leaden, or deep purple color, the pain not constant, but pungent and shooting, with a constant itching. If any mortification ensues, apply yeast poultices constantly, until a better appearance is assumed. The poultices are also useful to ease the itching pains.

Various remedies have been adopted; but where the disease has continued a long time, the main reliance should be on rubbing with the hand, aided, perhaps, by a little linament, and keeping the parts warm, and as secure as possible from atmospheric changes.

#### CANCER

Comes on at first as an indolent tumor, of a stony hardness, and not discoloring the skin above it. In this form it is called scirrhus. Frequently when it comes on in the breast, there is in this stage a contraction and diminution of bulk, a drawing back of the nipple and a puckered state of the skin. After a time, an itching is perceived in it, followed by peculiar, sharp, burning pains: the skin changes to a red or livid appearance; the size of the tumor rapidly increases; it has a knotty, unequal surface; if on the breast the nipple sinks in; the veins around it become swelled, ramify around and resemble crab's claws, whence the name of the disease. cancer meaning crab. When it is ready to break,

it becomes prominent in some minute point, a corroding fluid oozes through the skin, which soon forms an ulcer; or there is a considerable discharge of watery matter, mixed with blood, which has flowed from those vessels, whose tubes have been eaten by the disease. The pains all this time increase, and excrescences often rise from the ulcers.

The parts should be kept perfectly clean; the bowels open; and Lugol's solution of iodine taken, a few drops at a time, every day immediately after eating. If poultices are applied to the breast, some of this solution should be put on them. The best medical advice should, of course, be instantly procured, whenever the stony hardness is felt. The principal object in mentioning the disease at all was to prevent any tampering with it.

#### RECOVERY FROM DROWNING.

There have been many extraordinary recoveries where the body has laid for hours under water; but in general there is not much hope after an immersion of ten minutes.

After the body is taken out of the water, use it as gently as possible; let no violence of any kind, such as rolling on a barrel, be permitted: of course, incline the head at first, that the water may run off; place the body in a warm bed and cover with a warm blanket; hot bricks, or bottles of water should be placed to the feet and hands; and while one or two persons are rubbing assiduously the body with the palms of the hands, let another try to fill the lungs with air: to do this, close the nostrils of the subject, and fitting your mouth to his, blow steadily and forcibly until the chest is full of air; then press the bowels upwards, that it may be ejected: this should be repeated a number of times until some signs of life are shown. An injection, in which there is spirits of turpentine, may be thrown up. Gentle stimulants may be given on recovery.

## BLEEDING FROM WOUNDS.

When an artery has been accidentally wounded, the fact may be known by the florid red color of the blood, and its coming out in small jets : if it is on any part of the trunk, apply pressure, with cloths dipped in cold alum water ; if on any part of the arms or legs, bind a handkerchief tightly around the thigh, or arm near the shoulder, as high up as possible in both instances, still continuing the other means. If large arteria can be felt beating between the wound and the heart, press a key or knife-handle, or any thing similar, lightly on it against the bone, and the bleeding can thus be commanded until assistance arrives. It need not be said that the services of a surgeon should be procured as soon as possible.

## CLERGYMAN'S SORE THROAT,

Generally prevails from trouble in the stomach. It is often to the affected person one of the signals nature throws out to warn him that apoplexy is advancing. It was formerly cured by travelling and leaving off preaching for a considerable period ; but there is no necessity whatever for this : active purgation and a light diet, with plenty of bodily exercise, will always effect a cure.

## GENERAL CAUSES OF DISEASE, AND MODE OF AVOIDING AND CURING THEM.

Perhaps the best idea could be obtained of these, by referring back to the first part of this book, and examining the rules for preserving health ; taking their opposites would in many instances give the causes of disease.

Diseases, such as mumps, scarlet-fever, small-pox, and measles, can only be caught by direct communication with those affected by them. As it is the property of yeast, that even when a very little quantity is added

to many hundred or thousand gallons of malt, it will, under favorable circumstances, cause the whole to ferment, and produce a substance like itself; of the same nature are the **CONTAGIOUS FEVERS**, as they are called; a very little poison may be communicated by one individual to another, which will in the individual that receives, make enough to contaminate the world.

Again—there are others, as jail-fever, and some forms of dysentery, which cannot be communicated directly from one to another, the discharges from which, when they have left the body, decompose and poison the air, so that a person exposed to their influence will imbibe the same form of disease; such are called **INFECTIOUS**. It is an error, that yellow-fever or ship-fever can be brought to our shores in vessels arriving here: such diseases cannot be conveyed from port to port; but the arrangement on board of ships may be such as to immediately breed disease by poison being formed when the air has access to the interior parts on the hatches being removed.

In marshy countries, where there is much heat and moisture, a peculiar poison is generated called *malaria*; it is the action of this poison upon the system that gives rise to the various forms of fever and ague.

Inflammations of various organs are produced either by the direct operation of wounds, bruises, burns, or contact with any substance irritating in itself, as Spanish flies, lunar caustic, and oil of vitriol. At other times they are brought on by excess in mental emotion, too much labor, or undue exposure to the sun: these causes, with the taking of cold, are about the principal ones in inducing inflammatory disease.

The avoidance of fruit, in summer, is another cause of disorder in the bowels: the diet should be light and vegetable in summer, and nutritious and animal in winter. Nature points out this plan in her arrangements. In tropical climates, the fruits are light and watery, and there are less eatable animals. The reverse of this prevails in cold regions; the fruits are solid and oily and the eatable animals are immensely numerous



Everywhere the contrivances of nature for our comfort strike us with surprise and astonishment. There is nothing more unaccountable, says a writer, than the fact of certain plants, teeming with moisture, and growing to a large size, in places where no other vegetables can withstand the burning temperature. In the deserts of the East, in Arabia, and those extensive plains where nothing, save sand, is seen on the ground, where the heat, reflected from the earth, dissipates the passing cloud, which hastens, as it were, to shed its refreshing moisture on a more grateful spot; where no water ever rises from a spring, or falls from on high, and where the burning soil is intolerable to the foot, even of the camel, the watermelon attains a size of a foot or more in diameter, and while all around is parched, offers, in its cold and copious juice, a draught to the traveller, which has often saved him from a lingering and painful death. In a similar, though less efficient manner, the melon cactus refreshes the wild herds of the Pampas, and the formidable prickles are not a sure guard against the powerful kick of a wild horse, who has no other mode of getting at its interior, but who is often lamed in this extraordinary contest.

There are climates, says Flint, for example, that of Jamaica, where the grass dies, the soil cracks in chasms, and hardens under the fierceness of the unclouded sun. Nature seems to come to the aid of the seared and parched earth, and employs a means to shelter it which evinces another provision of Providence. It covers the parched soil, which refuses to produce a spear of grass, with a kind of tree, the bread nut, whose leaves have the property to multiply under the fires of the sky, as others have to grow in the dew. The more burning the sky, and the more arid the earth, the more vigorously its leaves unfold. The flocks find in its foliage a healthful and abundant pasturage. It becomes a sort of fresh meadow in the air, at the period when all other meadows are withered and sear. Still further, these meadows, more prolific than those fostered by the dews and show-



ers, conceal delicious fruit, which ripens as food for man, to refresh and nourish him.

An attentive observation of nature will often show us how to avoid disease, and, having once contracted it, in the best manner of effecting a cure. Savages do this much more than the civilized, and profit largely in consequence.

What those circumstances may have been, says a writer, that by their peculiar agency served to lay the first foundation of practical medicine, it is difficult at this time to discover. Probably some experiments were blindly undertaken, under the anguish and pressure of disease, and the knowledge thence derived remembered, and communicated to others for use in similar cases: other discoveries may have been made by accident, and others, and still a more numerous class, from observations made by men on the instincts of brute animals. A common instance of this is seen in the dog, who, when sick, eats a quantity of prickly grass, which answers the purpose of an emetic. The goats afford another example; for it is said that an Arabian shepherd having observed the goats of his flock, as often as they browsed upon the coffee fruit, to skip about and display other signs of intoxication, was induced to try the berry upon himself, and so discovered its exhilarating quality. The apes of Abyssinia, in like manner, are reported to have, by trials on themselves, first exhibited to men the laxative qualities of cassia fistula. There are very few men who, if they would take the trouble, could not make many valuable discoveries by watching the circumstances around them with attention.

People living in marshy districts, should rigidly observe the rules for health laid down in a former portion of this book. Their dwellings should be built on a rather elevated situation, and, to use the words of Drs. Blane and Lempriere, "on no account should ground floors be used to sleep upon; the more lofty the buildings the better, for the tenants of the upper stories not only enjoy the best health, but when taken ill, have the

disease in the mildest form. The most dangerous times for being out in the open air, in such places, are when the sun is just setting, and immediately before he rises; the least dangerous, is when the sun is directly over head. The dwellings should, in all cases, be so built that the sunlight will come freely into every room; they should also be well aired. and on the least approach of dampness, fires kindled to dry and warm the rooms.

The sick room should be kept, in inflammatory diseases, at a cool temperature, with a draft of air constantly passing through it; the patient's bed must, of course, be out of the reach of the current. No carpets should be laid down, and it is well to sprinkle the floor frequently with vinegar and water.

If bleeding is performed, be careful to feel around and upon the vein you intend cutting, after the arm is bound up, before making the incision, if a throbbing is felt, choose another vein, for the chances are, that by persisting in cutting, an artery may be opened, and the patient's life lost.

## COOKERY FOR THE SICK.

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*A quick made Broth.*—Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three quarters of a pint of water, the meat being first beaten and cut in thin bits; put a bit of thyme and parsley, and if approved, a slice of onion. Let it boil very quick, skim it nicely; take off the cover, if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

*A very nourishing Veal Broth*—Put the knuckle of a leg or shoulder of veal, with very little meat to it, an old fowl, and four shank-bones of mutton extremely well soaked and bruised, three blades of mace, ten peppercorns, an onion, a large bit of bread, and three quarts of water, into a stew-pot that covers close, and simmer in the slowest manner after it has boiled up and been skimmed; or bake it; strain and take off the fat; salt as wanted. It will require four hours.

*Broth of Beef, Mutton and Veal.*—Put two pounds of lean beef, one pound of scrag of veal, one pound of scrag of mutton, three ounces of pearl-barley, sweet herbs and ten peppercorns, into a nice tin saucepan, with seven quarts of water; to simmer to three or four quarts, and clear from the fat when cold. Add one onion if approved, or the white part of leeks. Soup and broth, made of different meats, are more supporting, as well as better flavored. To remove the fat, take it off when cold as clean as possible; and if there be still any remaining, lay a bit of clean blotting or cap paper on the broth when in the basin, and it will take up every particle.

*Calves' Feet Broth.*—Boil two feet in three quarts of water to half; strain and set it by; when to be used, take off the fat, put a large teacupful of the jelly into a saucepan with half a glass of sweet wine, a little sugar and nutmeg, and heat it till it be ready to boil, then take a little of it and beat by degrees to the yolk of an egg, and adding a bit of butter the size of a nutmeg, stir it altogether, but don't let it boil; grate a bit of fresh lemon-peel into it.

*Chicken Broth.*—Put the body and legs of the fowl, after taking off the skin and rump, into the water it was boiled in, with one blade of mace, one slice of onion, and ten white peppercorns. Simmer till the broth be of a pleasant flavor: if not water enough, add a little. Beat a quarter of an ounce of sweet almonds with a teaspoonful of water fine, boil it in the broth; strain; and when cool, remove the fat.

*Beef Tea.*—Cut a pound of fleshy beef in thin slices ; simmer with a quart of water twenty minutes, after it has once boiled and been skinned ; season, if approved, with a small portion of salt.

*Arrow-Root Jelly.*—If genuine, is very nourishing, especially for weak bowels. Put into a saucepan half a pint of water, a glass of sherry, or a spoonful of brandy, grated nutmeg and fine sugar ; boil once up, then mix it by degrees into a dessertspoonful of arrow-root, previously rubbed smooth with two spoonfuls of cold water ; then return the whole into the saucepan ; stir and boil it three minutes.

*Tapioca Jelly.*—Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it become quite clear ; then put lemon-juice, wine and sugar. The peel should have been boiled in it. It thickens very much.

*An Excellent Jelly.*—Take rice, sago, pearl-barley, hartshorn shavings, each an ounce ; simmer with three pints of water to one, and strain it. When cold it will be a jelly, of which give, dissolved in wine, milk, or broth, in change with other nourishment.

*Panada made in Five Minutes.*—Set a little water on the fire with a glass of white wine, some sugar, and a scrape of nutmeg and lemon-peel ; meanwhile grate some crumbs of bread. The moment the mixture boils up, keeping it still on the fire, put the crumbs in and let it boil as fast as it can. When at a proper thickness just to drink, take it off.

*Another.*—Make as above, but instead of a glass of wine, put in a teaspoonful of rum, and a bit of butter ; sugar as above. This is a very pleasant food.

*Chicken Panada.*—Boil it till about three parts ready in a quart of water, take off the skin, cut the white meat off when cold, and put into a marble mortar : pound it to a paste with a little of the water it was boiled in, season with a little salt, a grate of nutmeg, and the least bit of lemon-peel. Boil gently for a few minutes to the consistency you like ; it should be such as you can drink, though tolerably thick. This conveys great nourishment in small compass.

*Caudle.*—Make a fine smooth gruel ; strain it when boiled well ; stir it at times till cold. When to be used, add sugar, wine, and lemon-peel, with nutmeg. Some persons like a spoonful of brandy besides the wine, others like lemon juice.

*Cold Caudle.*—Boil a quart of spring water ; when cold, add the yolk of an egg, the juice of a small lemon, six spoonfuls of sweet wine, sugar to your taste, and syrup of lemons one ounce.

*Rice Caudle.*—When the water boils, pour into it some grated rice, mixed with a little cold water ; when of a proper consistence, add sugar, lemon-peel, and cinnamon, and a glass of brandy, to a quart. Boil all smooth.



*Another.*—Soak some rice in water an hour; strain it, and put two spoonfuls of the rice into a pint and a quart of milk; simmer till it will pulp through a sieve, then put the pulp and milk into a saucepan with a bruised clove and a bit of white sugar; simmer ten minutes; if too thick, add a spoonful or two of milk, and serve with thin toast.

*Coffee-Milk.*—Boil a desert-spoonful of ground coffee, in nearly a pint of milk, a quarter of an hour; then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it by the side of the fire to clarify. This is a very fine breakfast; it should be sweetened with sugar of a good quality.

*Milk-Porridge.*—Make a fine gruel of cracked corn, grits or oatmeal, long boiled; strain off; either add cold or warm milk, as may be approved. Serve with toast.

*Ground Rice Milk.*—Boil one spoonful of ground rice, rubbed down smooth, with three half pints of milk, a bit of cinnamon, lemon-peel and nutmeg; sweeten when nearly done.

*Sago.*—To prevent the earthy taste, soak it in cold water an hour; pour that off and wash it well; then add more, and simmer gently till clear: flavor with lemon-peel and spice, if approved; add wine and sugar, and boil all up together.

*A Refreshing Drink in Fever.*—Put a little tea-sage, two sprigs of balm, and a little sorrel, into a stone jug, having first washed and dried them; peel thin a small lemon, and clear from the white; slice it, and put a bit of the peel in: then pour in three pints of boiling water; sweeten, and cover it close.

*White Wine Whey.*—Put half-a-pint of new milk on the fire; the moment it boils up, pour in as much sound raisin-wine as will completely turn it, and it looks clear; let it boil up, then set the saucepan aside till the curd subsides, and do not stir it. Pour the whey off, and add to it half-a-pint of boiling water, and a bit of white sugar. Thus you will have a whey perfectly cleared of milky particles, and as weak as you choose to make it.

*Lemon Whey.*—Pour into boiling milk as much lemon-juice as will make a small quantity quite clear; dilute with hot water to an agreeable smart acid, and put a bit or two of sugar. This is less heating than if made of wine; and if only to excite perspiration, answers as well.

*Egg Wine.*—Beat an egg; mix with it a spoonful of cold water; set on the fire a glass of white wine, half a glass of water, sugar and nutmeg. When it boils, pour a little of it to the egg by degrees, till the whole be in, stirring it well; then return the whole into the saucepan; put it on a gentle fire; stir it one way for not more than a minute; for if it boil, or the egg be stale, it will curdle. Serve with toast.

Egg wine may be made as above, without warming the egg, and it is then lighter on the stomach, though not so pleasant to the taste.



THE  
BOOK OF HERBS,

GIVING DESCRIPTIONS OF

MEDICAL PLANTS,

AND DIRECTIONS FOR

GATHERING AND PRESERVING THEM,

WITH A FULL ACCOUNT OF THEIR

PROPERTIES AND DOSES.

THE WHOLE WRITTEN FOR FAMILY USE

BY GEORGE NEWMAN, M. D.

STRATFORD:  
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1864.



## P R E F A C E .

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HERBS, too, she knew, and well of each could speak,  
That in her garden sipped the flowery dew,  
Where no vain flower disclosed a gaudy streak ;  
But herbs for use and physic, not a few,  
Of grey renown, within those borders grew ;  
The tufted Basil, pure, provoking Thyme,  
Fresh Balm and Marigold of cheerful hue ,  
The lowly Gill, that never dares to climb ;  
And more I fain would sing, disdaining here to rhyme.

Yet Euphrasy may not be left unsung,  
That gives dim eyes to wander leagues around ;  
The pungent Radish, biting infants' tongue ;  
And Plantain ribbed, that heals the reaper's wound ;  
And Marjoram sweet, in shepherd's posie found ;  
And Lavender, whose spikes of azure bloom,  
Shall be erewhile in arid bundles bound,  
To lurk amid the labors of her loom,  
And crown her kerchiefs clean, with mickle rare perfume.

SHENSTONE.

This little work is intended as an addition to the "*Home Doctor* ;" to form, when both are combined, a book of reference for families. Such a manual has been often called for by many families in the country, who desire to inform themselves relative to the properties of the plants that grow around them ; and not only to find their names and virtues, but also the best method of

deriving benefit from them : such as the proper time of collecting the separate parts, and preserving them when, collected. Although separate directions will be given under each head, it is well to mention, as a general rule, that medical roots should be taken up in the fall, when the leaves begin to decay, or else in early spring, before they make their appearance. Herbs should be gathered while flowering, and immediately dried, and kept, if possible, in tin boxes. The doses are in all cases intended for adults, and when given to children, should be diminished in proportion to their ages ; a child of ten or eleven years old, for instance, taking but half the quantity mentioned. Remedies are given for poisoning by vegetables, and general directions for avoiding noxious plants, and not mistaking them for others. The last part contains remarks on collecting medicinal herbs, and the propriety of cultivating such gardens as Shenstone describes at the head of this article.

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## BOOK OF HERBS.



## EUPATORIUM PERFOLIATUM—BONESET.

Thoroughwort, Joepye, Teasel, Feverwort, Sweating-plant, Thoroughstem, Cresswort, Indian Sage, Agueweed, Thoroughwax, and Vegetable Antimony.

This plant has a crooked perennial root, running parallel to the ground and furnished with few fibres. Coming up from the root are numerous rough, straight, round stems, covered with hairs, and rising from two to four feet in height, dividing and subdividing into three forked branches. The leaves come off from the stem opposite to each other, but meet in such a manner as to form but a single leaf, perforated by the stem; they are hairy, broadest at the base, and taper off with toothed sides to a point. There are about twelve separate flowers on each little stem; these are of a white color, and bloom in August. The whole plant is medicinal, and should be dried when in flower.

Boneset has long been the most powerful remedy possessed by our native Indians in cases of fevers. It acts in three ways, according to the mode in which it is given. One ounce of the plant put into a pint of boiling water, makes the infusion. If from two table-spoonfuls to two wine glassfuls of this tea are taken as hot as possible, it will bring on profuse sweating; if the same quantity is taken lukewarm, it will vomit; if quite cold, it will purge. The name Joepye is often applied to it in New England, from an Indian of that

EUPATORIUM PERFOLIATUM.



BONESET.

name who cured Typhus with it, by inducing copious perspiration ; in the same manner it acts in the influenza, called Breakbone fever, whence its name of Boneset.

In fever and agues and dyspeptic disorders, it is an extremely useful medicine. For the former purpose the powder should be given in doses of from ten to twenty grains, combined with a little aniseseed or cinnamon. The proper time for exhibition is some five or six hours before the return of the fit. The doses in dyspepsia should be three or four grains two or three times a day, with a grain of calamus. In the state of extreme weakness that frequently follows drunkenness, taken in ounce doses of the cold infusion three times a day, it will speedily give tone to the stomach. Bilious colic, attended with obstinate constipation, has been cured by taking a teacup full of the cold infusion every half hour, until it produced a discharge from the bowels. In common colds and coughs it has long been celebrated ; for this purpose a wineglassful of the hot infusion should be taken on going to bed and then covering up as warmly as possible. If this does not succeed the first time, it is well to try it the second evening, using in the interval a very low diet. An extract and also a syrup of Boneset are prepared, but it is much better to use the properly dried herb, of whose properties there is some surety.

The Purple Boneset, whose leaves are supported on stalks, and which bears purple flowers, is a remedy for gravel, of considerable repute. If there is any pain present, the infusion is swallowed as hot as possible in wineglassfuls every hour until relieved ; if no pain, take the cold infusion, or powder, regularly, as if for dyspepsia.

In the cultivation of this plant remember to choose a low, moist spot, as its natural home is near streams and in swamps and marshes ; nature seemingly placing it in just such places where it is likely to prove most useful.

## GERANIUM MACULATUM—SPOTTED GERANIUM.

Spotted Cranesbill, Crowfoot, Alum-root, Tormentil, Cranesbill, Storkbill.

This plant has a perennial, fleshy root, which runs parallel with the ground, and furnished with short fibres; this root sends up a straight, round stem, which branches in forks about twenty inches in height, and of a grayish green color, thickly covered, in common with both the leaf and flower-stalks, with hairs bent backwards. The leaves are cut deeply into three, five or seven lobes, which at their ends are again divided; they are hairy, of a palish green color, and mottled with pale spots; some of them rise at once from the roots and are supported on stalks ten inches in length. The flower-stalks spring from the forks of the stem, and each supports two large and beautiful purple flowers, which bloom from May to July. The fruit consists of five boxes joined together and attached to the remains of the flower by a beak; when ripe, they curl up and scatter the seed in all directions.

The Cranesbill loves a low, moist and moderately shaded place. The root is the part used in medicine it should be collected in Autumn.

This is another medicine introduced to our notice by the Indians, who hold it in the greatest esteem, and most deservedly too, for it is an invaluable astringent, without offending the most delicate stomach, and therefore suitable for infants, as well as adults. In the secondary stages of diarrhea and dysentery, it is given in doses of twenty grains of the powder, two or three times a day; or else in the form of decoction, made by boiling a pint and a half of water with an ounce of the root, down to a pint. The dose of this is one or two table-spoonfuls at a time, twice or three times a day, according to the severity of the case. The infusion may be sweetened with honey and used advantageously as a gargle in ulcers in the mouth, and later stages of quinsy sore throat. It also forms one of the best injections for the whites in women. The decoction above recommended is excellent in all the common



forms of bowel complaints, by using milk instead of water, the dose being the same. The watery decoction, made still stronger, is useful in ulcers that remain a long time. The Indians use the plant for wounds, ulcers on the legs, immoderate flow of urine, bloody urine, immoderate menstruations, and in most cases where it is desirable to stop a discharge.

A strong watery decoction, made by boiling two ounces of the plant in a quart of water down to a pint, is celebrated by horse-doctors for curing the bloody urine of cattle. The decoction is strained, and the whole given at a dose; or it may be rolled in a ball, and thus swallowed by the animal.

HERB ROBERT is easily known by its musky, unpleasant smell, and small striped flowers. A decoction of its root, made as above described, has been found useful in gravel and all complaints of the bladder.

#### COMPTONIA ASPLENIFOLIA—SWEET FERN.

Sweetbush, Sweetferry, Fernbush, Ferngale, Spleenwortbush, Balsam plant.  
Ricket shrub.

This is a small shrub three or four feet high, with roots running parallel to the ground, and easily recognized by its crooked branches and long, narrow leaves, dented on their sides and sharp at both ends, having two little oval bodies at the base of each; the leaves are some four or five inches long, and half an inch broad, and have a strong middle rib. The flowers come out surrounded by a kind of scaly burr. The fruit is a roundish burr containing rather flat, dirty yellowish colored seeds. The blossoms often appear before the leaves.

This plant seems adapted to poor, rocky and sandy soils, and in such places where there are no trees to check its growth, will spread far and wide to an amazing extent. It possesses all the properties of the strengthening and astringent balsams. The leaves may be gathered at any time while the plant is in pos-

session of its usual rich, spicy, resinous odor. The chewed root has stopped blood-spitting; but few instances of its efficacy are known. If wanted, it should be taken up in the fall.

Given in the form of decoction, half an ounce of the leaves boiled with one and a half pints of water down to a pint, and from a tea to a tablespoonful taken according to the urgency of the symptoms. It is valuable in diarrhea, loose bowels and summer complaints of children, and cholera infantum. In our Southern States they give it in rickets, in debility, and on recovery from fevers, as a weak tonic. In asthma and bronchitis it is probable that much benefit may be derived from its exhibition.

#### HAMAMELIS VIRGINICA—WITCH HAZEL.

Snapping Hazelnut, Winter-bloom, Pistachio-nut, Magician's Rod.

This celebrated shrub has a large root, from which spring up many crooked branching trunks of some inches in diameter, bearing large, smooth leaves, which come off on opposite sides of the branches, one above the other, of an egg-shape, lobed at their base, with prominent ribs. The flowers bloom in October, and often continue through most of the winter. They come out three or four together. They are of a yellow color, and have a curious curled appearance. The fruit is said to be a year in ripening. It is a roundish oblong box containing two nuts, which are similar in taste, and reputedly in qualities, also, to the hazelnut. The Indians eat them for food. When the fruits ripen, the boxes explode successively with a considerable noise, and throw the nuts in all directions.

The small forked branches of this tree are used as divining rods, and hence the name of witch hazel. The branches are held one in each hand by the conjurer. Where the point drops will be found mines of gold, silver, copper, salt, or springs of water, according to the desire of him who pays the operator.

This shrub is in very extensive and deserved use, more particularly by the Indians, who regard it as having exceedingly valuable properties. The leaves are pounded and applied to painful tumors, to bring them more readily to a head and give at the same time present relief ; and in the same manner other cases of external inflammation are treated. A poultice made of the leaves will relieve piles ; a tea is also useful for the same purpose, applied as a wash. For sore eyes that have been ailing a long time the tea is excellent. It should be made in the proportion of an ounce of leaves to a pint of water. This tea is used with success in affections of the womb, such as when the discharge is too abundant, bleeding from the stomach, and pain in the sides ; the leaves in such cases are often chewed in the mouth with advantage.

When the application is external, the bark may be used instead of the leaves ; when used alone, the quantity should be diminished one third. A tea of either bark or leaves has been thrown up as an injection in bowel complaints.

This shrub must be sought for in the high country, among the hills and mountains, and will be found most abundant by the stony banks of streams. It is very rare in low grounds.

In the Northern States a species, the *H. Parviflora*, with much smaller leaves, is used, both in divination and medicine. It is known by the smaller leaves, which are hairy on the under surface, waving, and but little lobed at the base joining the stalk.

#### CASSIA MARILANDICA—AMERICAN SENNA.

Wild Senna, Locust Plant.

This plant has perennial roots of a twisted, irregular form and blackish color, from which rise every year a number of smooth, nearly round, straight stems, to the height of from three to six feet. The leafstalks have at their bases little egg-shaped glands, and come off on

opposite sides, one above the other, each supporting eight or ten pairs of smooth, oblong leaves, green above and pale below, tipped with prickles. The bunches of beautiful, golden, yellow-colored flowers bloom in August. The fruit is a pod, two or three inches long, of a dark color, and holding over a dozen little brown beans.

This is a mild and safe purgative, and useful in the generality of cases where the bowels require to be opened. Both the leaves and pods are employed: these should be collected about the middle or latter end of August. The dose is an ounce of the senna, given in the form of an infusion, to which some anise-seeds may be added.

Those who cultivate this plant in their gardens for medicinal uses should remember that it loves a low, rich, moist soil near the water, and will not have as much virtue, or grow as luxuriantly, if planted in a drier and more elevated place.

#### CYPRIPEDIUM PARVIFLORUM—LADIES' SLIPPER.

Moccasin-flower, Yellows, Bleeding-heart, American Valerian, Yellow Umbil.  
Male Nervine, and Noah's Ark.

This plant has perennial roots, with long, thick, fleshy fibres, of a cylindrical shape and yellow color, inclining to run parallel with the ground. This sends up from one to five—generally, however, but one—simple, straight, sharp, hairy stems, rising between one and two feet in height above the ground, having from three to seven leaves and one to three flowers. The leaves rise from opposite sides of the stem, one above the other, and clasp it at their base. They are rather oblong in shape, hairy, and marked with parallel lines of a greenish color above, but pale on the lower surface. The flowers are of a yellow color, and blossom in May and June. The difficulty of cultivating this plant is in proportion to its beauty, and it has seldom been found to grow from seeds. When transplanted, it should be



CYPRIPEDIUM PARVIFLORUM



LADIES' SLIPPER—MOCCASIN FLOWER



taken up with plenty of earth around the roots, and placed in a rich light soil and moderately shaded situation. For medical purposes collect the roots in the fall or early spring, dry them at once, and reduce to powder.

This plant was introduced to the acquaintance of white men by the Indians, who had long held it in the highest esteem. It is soothing in its nature, and extremely useful in all nervous affections, being, indeed, the best American substitute known for Valerian. It is commonly given in the form of the powder, a smooth teaspoonful for a dose, mixed in a wineglassful of sweetened water, or else in a tablespoonful of molasses. In nervous and hysterical diseases it allays pain, quiets the nerves, and disposes to sleep, and that too without the injurious effects which accompany the exhibition of opium. In these affections it is useful to combine the Nervine root with some mild tonic, as Mayweed or Calamus. Sleep has been induced in delirium tremens by giving a teaspoonful of the Nervine powder in a cupful of sweetened Boneset tea.

#### NEPETA CATARIA—CATNEP.

Catmint, Catwort.

This plant, so much celebrated as the favorite of cats, has a perennial root, from which rises every year a four-sided, hairy, branching stem, to the height generally of three feet. The leaves have stalks, and are of a heart-shaped, toothed on the margin and hairy, green on their upper face and whitish below. The flowers come out in whorls; they are of a whitish or slightly purple color, and bloom in the latter part of July. The whole plant is medicinal, with the exception of the root. It should be gathered when flowering.

Catnep strengthens the general tone of the system, and at the same time excites it. The infusion is made by putting an ounce and a half of the herb or leaves

into a pint of water ; of this one or two tablespoonfuls is a dose. This tea may be given with advantage every half hour in hysterics, and also in cases where it is required to bring on the regular monthly periods in women. By its action on the general system, it is useful in all diseases of the womb, except inflammation. A teaspoonful of the infusion will often cure the windy colic of infants. In cases of dyspepsia accompanied with debility, and where there is much gulping up of wind, the regular dose of the infusion will frequently relieve the pain and give tone to the system.

#### MARRUBIUM VULGARE—HOREHOUND.

##### White Hoarhound.

This plant has a perennial, fibrous root, which sends up every year a number of four-sided, straight, downy stems, to the height of some twenty inches. The leaves have stalks, are over an inch in diameter, of a roundish egg form, whitish on the upper surface and woolly on the under, and much wrinkled. The flowers are white, and disposed in crowded whorls or rings in the angle formed by the leafstalk and stem. They bloom in July and August. The stem, leaves and flowers are all used, and should be gathered when in bloom.

Horehound strengthens the system generally, induces a moderate perspiration and increased flow of urine. The infusion is made by putting an ounce of the herb into a pint of boiling water. A wineglassful is a dose. The dose of the powder is from twenty to forty grains. In the liver complaint and jaundice it is useful in the later stages ; a wineglassful of the infusion taken three or four times a day. It is mostly employed in diseases of the lungs, where there is much expectoration ; in such cases a tablespoonful taken every two or three hours, will produce marked benefit. A syrup is made of it by taking an ounce of the herb and an ounce of Liquorice root ; putting these into a pint

of hot water and boiling down to three quarters of a pint; then straining, and on replacing it over the fire adding enough of white sugar to form a syrup : dose, a teaspoonful every two hours.

The advertised Horehound candies and confections have seldom much of this herb in them, but most generally consist of simply sugar or molasses candies with the addition of tartar emetic; thus making a powerful but very unsafe remedy, especially for children.

Catnep will grow freely, without any particular care in common garden soil.

#### GNAPHALIUM MARGARITACEUM—LIFE EVERLASTING.

Cudweed, Silverleaf, None-so-pretty.

This plant has a perennial root, which sends up a branching stem. The leaves are of a narrow spear-shape, gradually narrowing to a sharp point. The flowers come out in August and September. They are supported on footstalks of various lengths, so as to form a flat top. They have white pearly rays and yellow disks. The plant is from one to two feet in height. The stem, leaves and flowers are used, and should be gathered when the plant is in bloom.

Cudweed has been substituted with success for tobacco in smoking, and from this fact, its quieting or sedative powers may be known. It is used in coughs and colds and nearly all ordinary pains in the chest. For such purposes an ounce of the herb is put into a pint of boiling water, and a tablespoonful taken as occasion may demand. The dose in powder, is from five grains and upwards.

The best form of its exhibition is externally as a wash, and applied as hot as possible, it is serviceable in biles, bruises and strains. It is also found extremely beneficial in the diseases of sheep, both applied externally and internally.

The genus has many species which are known in the country under the names of White Plantain, Poor

Robin, Rattlesnake Plantain, and Squirrel-ear. The properties and doses of all are about the same. It was with one of these species united to Horehound that the Negro Cæsar made his celebrated remedy for curing the bites of rattlesnakes. As specifics for serpent-bites they are universally used over the country; it is even said that for a trifle an Indian will allow himself to be bitten by a rattlesnake, and then, by eating Life Everlasting, at once cure himself.

#### TANACETUM VULGARE—COMMON TANSY.

This plant has a perennial root, sending up annually several strong, straight, six-sided, striped stems, to a height of some two or three feet. The leaves come off from the stem one above the other on opposite sides, the leaflets being ranged opposite each on the stalk, and in turn subdividing into deeply-notched leaflets. The flowers are yellow. They bloom from July to September, and form close, terminal, flat-topped bunches. The seeds are small and oblong-shaped, with five or six ribs, and furnished with a thin, stringed down. The whole herb above ground is used in medicine, and should be gathered when in bloom.

Tansy is a powerful aromatic bitter. It is used in the form of infusion, one ounce to a pint of boiling water, to bring on the monthly periods in women, and also in hysterics. The dose is a wineglassful two or three times a day. It has been used with some success in fever and ague, and as a preventive of gout when the paroxysms are coming on. Throughout the country it is a favorite domestic remedy, given in the form of tea, in fevers, dropsies and bloody urine. The action of the dry herb is much milder, on account of the partial loss of essential oil. In this state it ranks highly as a tonic stimulant and cure for worms. The dose of the powder is from twenty to thirty grains. A poultice of the leaves cures sprains and bruises.

The leaves will communicate a handsome green dye, and the flowers a passable yellow, to cloth.



Tansy will grow in any common garden soil, and may be increased, either by planting the seed or parting the root.

#### SANQUINARIA CANADENSIS—BLOOD ROOT

Red Puccoon, Bloodwort, Redroot, Pauson, Turmeric.

This plant has a perennial, fleshy root, running parallel to the ground. It is knobbed; of a brownish red color outside, paler within, and gives out, when pressed, a bright orange juice. From its obtuse end there is sent off in early spring a naked stalk about six inches high, bearing a white flower, which is without scent and soon disappears. The leaves spring from the same part of the root; they are supported on long grooved foot-stalks, are smooth, and of a kidney-shape. The fruit is an oblong box filled with round red seeds. When the plant is in blossom the leaves are small, but afterwards grow to a considerable size. The root is the part used in medicine. It should be gathered late in the fall or very early in the spring.

Few plants have been held in as general estimation as Bloodroot, and it is certainly a most valuable remedy in various diseases. It may be administered either in the form of powder or tincture. The latter is the most used, and is made by pouring half a pint of alcohol and half a pint of water on an ounce of the root, allowing them to remain fourteen days and filtering through paper. Its dose is from ten to thirty drops, given two or three times a day. The powder is given in doses of from one to eight grains. The taste is acrid and bitter, burning the mouth and throat, and when powdering it, care should be taken to keep a cloth over both pestle and mortar, to prevent the dust flying round, as it will bring on inordinate sneezing and irritation in both mouth and throat. Large doses of from eight to twenty grains are sometimes given; but these are dangerous, causing heartburn, sickness at stomach, general weakness, faint-



SANQUINERIA CANADENSIS



BLOODROOT—RED PUCCOON.

ing, dimness of sight, and often severe and protracted vomiting. In doses of two grains it excites sickness at stomach without being emetic, and in this way proves useful in inflammations of various organs. In doses of half a grain it lowers the pulse and gives tone to the system. Ten drops of the tincture acts as a stimulant, and induces profuse sweating. A few drops of the tincture taken in water every morning will strengthen the system by giving tone to the stomach. Bloodroot is used in the cure of long standing diseases of the chest and liver, asthma, dysentery and inflammatory rheumatism. Applied externally, in powder or a wash, it cures foul ulcers, polypus of the nose, fleshy excrescences in various parts, and ill-conditioned tumors. To cure tumors in the nose, it must be snuffed up. Some rely on it to cure the croup, by giving it in ten grain doses, so as to produce an immediate vomiting. Though the dry roots keep very well, it soon loses its power after powdering or mixing with other substances. Farriers use the leaves of Bloodroot in diseases of horses, to make them sweat and change their coats. The seeds should never be given.

#### TARAXACUM DENS-LEONIS—DANDELION.

Puff-ball, Balloon-plant.

This plant has a perennial, spindle-shaped root, from which every year spring long, deeply-toothed leaves, with the points backward. These are smooth and of a finely-colored green. The flowerstalks spring from the root to a height of from eight to twelve inches, bearing a large golden-colored flower, which shuts up towards evening, and opens again by daylight. The seeds are small and black, and enclosed in a chaffy globe, light enough to bear them away from the plant. It blooms from April to October. A milky, bitterish juice exudes from all parts of the plant, when broken or wounded. The root should be gathered in August, and afterwards until severe frost.

Dandelion has long been a successful and favorite household remedy in diseases of the liver, whether eaten as a salad in early spring, or taken in the more medicine-like form of decoction or extract. The decoction is made by taking of the bruised root two ounces, water two pints; boiling down to one pint, and straining. The dose is a wineglassful three times a day. The extract is prepared by adding a pound of the root, coarsely cut up, to one gallon of water, and boiling down to four pints, straining while hot, and then evaporating to such a thick consistence that it will be hard when cold. As it loses its powers by keeping, it should be freshly prepared every year. The dose of the extract is from twenty to forty grains, given three times a day, and is most conveniently given in any of the mint waters.

The Yellow Dock may be usefully added to this, in the proportion of an ounce to a pint of the decoction recommended above. It may be given at any time when there is not much irritation about the stomach and bowels. The juice of the leaves is highly esteemed in Germany, in gravel, itch, and most diseases of the skin. Cases of dyspepsia have been much benefited by a wineglassful of the decoction taken every morning. When there is a peculiar blueness about the whites of the eyes, denoting, according to some medical writers, disease of the spleen, Dandelion will be found almost uniformly beneficial. Taken in regular doses, it keeps the bowels gently open, induces a free, but not too copious perspiration, and also a healthy flow of urine.

The ladies will also find something in the plant good for them, as the milky juice of the stems removes freckles of the skin.

No directions need be given regarding the cultivation of the Dandelion, for on high and low grounds equally alike, between the bricks on paved yards, by the roadside, and on the top of old walls, where there is any rubbish, it may be seen flourishing, sending up one flower-stem after another, as they successively decay.

## RUTA GRAVEOLENS—COMMON RUE.

Bitter Herb.

This a perennial plant with several shrubby stems rising some two or three feet in height, woody at their bases, but green towards the top, and perishing at the approach of winter. The leafstalks are furnished with ranges of leaves opposite each other, which in turn subdivide. The leaves are egg-shaped, thick, fleshy, and a little scalloped. The flowers bloom from June to September. They are of a yellow color, and arranged in terminal flat bunches. The whole plant is active, but the leaves are most usually employed. Collect it when flowering.

The whole plant has a strong, peculiar smell, especially when rubbed or pressed. This, to most men, is exceedingly disagreeable, but there are many women who admire it. Some persons can eat the leaves as a relish, while others would be blistered by merely touching them. Most of the properties of Rue are due to its fetid oil. This oil is distilled either from the blossoms or seeds. It easily congeals, and is of a yellowish green color, becoming brown with age. Its dose is from one to three drops. An extract, made in the usual way of evaporating the juice, is prepared from it, but is of little value. Its dose is ten grains. The common dose of the powered leaves is from fifteen to twenty grains, given two or three times a day. Rue should never be given, on any consideration, when there is an irritation about the womb, for in such cases the patient's life is much endangered. It is a dangerous medicine, possessing powerful exciting and irritant properties, and in all cases should be administered with caution.

Where there is no danger of injuring the womb, Rue is useful in hysterics and other spasmodic affections. It promotes perspiration and increases the flow of urine. An infusion is made by pouring a pint of boiling water on an ounce of the leaves and straining when cold. Two or three teaspoonfuls is a dose. It has



cured, administered in this form in doses of two teaspoonfuls every hour or half hour, many cases of windy colic. A teaspoonful given to a child every morning will cure worms, by strengthening the system, and thus not only allowing the bowels to cast them off, but, by improving their tone, not again giving the worms an opportunity to regain the ascendancy.

The leaves are sometimes pressed, and in that state applied to the skin for purposes of irritation; sometimes only carried sufficiently far to redden, and at others to blister. In rheumatism of the joints, feet and loins, the pounded leaves or oil rubbed over the parts, has given effectual and permanent relief.

#### ACORUS CALAMUS—SWEET FLAG.

Flag-root, Sweet-cane, Myrtle-flag, Sweet-grass, Sweet-root, and Sweet-rush.

This plant has a perennial, jointed and flattened root, which runs parallel with the ground, sometimes nearly an inch in thickness and several feet in length. The leaves spring from the root; they are long, smooth and sword-shaped, green above, but reddish near the root. The flower-stalks differ from the leaves mostly in being much longer than them, and from sending out about the middle of three lengths a short stalk of some two inches in length, crowned in May and June with greenish yellow flowers. The fruit is a box divided into three cells, and containing many oval seeds.

The roots are warm, aromatic and bitter. The infusion is made by pouring a pint of boiling water on an ounce of the roots, straining when cold: dose, a wineglassful three times a day. An extract is made from it, and given in doses of twenty to twenty-five grains. In dyspepsia, where there is wind on the stomach, it is extremely useful, and will also prevent colics, if taken in time. The wind colic of infants is easily cured by giving them a teaspoonful of the warm infusion.

In fever and ague, where many other remedies have



failed, this has cured, in doses of thirty grains in substance repeated at intervals before the coming-on of the attack. Chewed in the mouth, it has produced a copious flow of saliva, and in this manner cured the toothache. The roots are sometimes boiled in sugar and eaten as an agreeable aromatic preserve. Its strong smell prevents its being eaten by cattle or insects, even moths will not come near it ; the roots are therefore useful to preserve clothes when packed up.

#### ADIANTUM PEDANTUM—AMERICAN MAIDENHAIR.

Rock-fern. Sweet-fern.

This fern has a large brown, fibrous, perennial root, which sends up a compound of tinted leaves and stem about a foot in height. The branches are of a shining chestnut color, forking upwards, each branch subdividing into from four to seven smaller ones ; the color of the leaves is a pale green.

Great quantities of this plant are sent to Europe, but much more could be sold were trouble enough taken to gather it. It loves a rich soil and deep woods, but may be found among hills and rocks ; it may be collected at any time. A pint of boiling water is poured on an ounce of Maidenhair, strained when cool, and enough sugar added to sweeten. Its properties are those of a grateful aromatic bitter, and it has been long used in cases of coughs, hoarseness and tickling of the throat. Castor oil given in this infusion is rendered much more palatable. The French add sugar enough to the infusion to form a syrup, which they use as a pleasant summer drink, and which, under the name of *Syrop de Capillaire* has become celebrated throughout Europe.

We are told that the Cherokee Indians use a strong decoction of this plant as an emetic in fever and ague, and with the happiest success.

## AGRIMONIA EUPATORIA—COMMON AGRIMONY

Cockle-burr. Stickwort.

This plant has a perennial root, from which rises a hairy stem some two or three feet in height, furnished with leaves coming off at opposite sides one above the other, and composed of seven or nine parts, each of which are deeply scissored. The stem is terminated by a spike of yellow yellows, which blossom in July and August. The whole plant is used ; it is slightly fragrant, and should be gathered when in flower. It will grow in almost any situation.

An infusion of Agrimony is prepared by pouring on an ounce and a half of the herb one pint of boiling water, and straining ; dose, one to two wineglassfuls. This tea will prove more beneficial if sweetened with Syrup of Maidenhair. The dose of the powder is from forty to sixty grains. The infusion, sweetened as directed, is by far the best mode of giving it. It acts on the system so as to strengthen the constitution, and restrains too profuse evacuations, whether from the lungs, stomach or bowels. It is consequently very useful in coughs and colds, diarrhea, dysentery, and loose bowels. It is said to have cured the asthma, probably by its tonic effect on the stomach.

## MYRICA CERIFERA—BAYBERRY.

Wax Myrtle, Sweet Gale, Waxberry.

This is an aromatic shrub, varying in height from one to ten feet. The leaves are of a wedged spear-shape, somewhat indented towards the end. The fruit grows in clusters, closely attached to the stems and branches. It is small, round, and covered with wax, which may be separated by boiling the berries in water, and skimming it off as it floats upon the surface. Thirty-two per cent. of wax may be obtained in this manner. The buds communicate a dye of a yellow color. The leaves and bark are the parts used in med-

MYRICA CERIFERA.



BAYBERRY.

**icine.** An infusion, made by pouring a pint of boiling water on one ounce of the leaves, and straining, is useful, in doses of two teaspoonfuls at a time, in cases of flooding from the womb, hysterical complaints and colics. An infusion of the leaves was formerly drank in Europe as tea, and also the leaves put in soups. In Russia a strong decoction is used in gout and fever.

The bark, when finely powdered and heated, makes a powerful snuff. The bark powdered is also used with success in cases of toothache, by filling up the cavity. The inner bark, pounded soft, is used as a poultice over scrofulous swellings and sores, while, at the same time, to insure a cure, a decoction of an ounce to a quart, in doses of a tablespoonful, being taken.

Bayberry bark forms the principal ingredient in the celebrated **VEGETABLE POWDERS** of Thompsonians. They are made as follows :—

|   |         |      |   |
|---|---------|------|---|
| Powdered bayberry-bark, sixteen ounces, |         |      |   |
| "                                       | ginger  | four | " |
| "                                       | cayenne | two  | " |
| "                                       | rhubarb | two  | " |

Mix the whole thoroughly. *Dose*—A common teaspoonful of this mixture, with the same quantity of sugar, is put into a cup, and on it a gill of boiling water is poured ; keep stirring until it is moderately cool, then drink, dregs and all. I am not aware that, with the exception of Boneset, (which many persons, as well as Mr. N. Sanford, think is a succedaneum,) there is a better remedy than this in common colds or colics. It should be drunk while in bed, and then cover up warmly. In diarrhea and cholera morbus these vegetable powders exert an extremely beneficial influence and it is rarely necessary, unless in severe cases, to repeat the dose. In cultivating it, a moist loamy soil will be all that is required. It may be rapidly propagated by cuttings.

## DIGITALIS PURPUREA—FOX-GLOVE.

Fairy's-glove, Fairy-fingers, Purple Fox-glove.

This plant has a root which sends up the first year only a crown of tufted leaves ; but the following summer, not only the leaves but also a single straight downy and leafy stem, to the height of some two or three feet, terminating in a spike of beautiful purple spotted flowers, which bloom in July. The lower leaves are egg-shaped, pointed, about eight inches in length and three in breadth, and stand on short-winged footstalks. The upper ones are few in number, rise from opposite sides above one another, are spear-shaped, with finely-toothed margins, and have wrinkled velvety surfaces ; the upper part a fine green, but the lower paler and more downy. The fruit is a pyramidal-shaped box, divided into two cells, and filled with a number of small grayish brown seeds. Collect this plant from an elevated and sunny spot, and gather only the large and fresh leaves which come out the second year. Do this just before the plant blooms. As the leafstalk and midrib are not active, they may be thrown away. In cultivating this plant, let it have as high and open a situation as possible. It requires a rich, light soil, and is propagated by seeds.

This plant improperly taken is a violent and dangerous poison. When the physician has been administering it some time, he is aware of the system being fully under its influence, by the patient feeling a dull pain in the head, dimmed eyesight and confused thought, often at the same time producing hoarseness and salivation. To warn all against its incautious employment, it may be mentioned, that for several days it has often given no signs of producing any effect, and then suddenly acting with great power, nearly, and in some instances quite, killed the patient. When such alarming symptoms follow its use, counteract them by large doses of brandy or ammonia, all the while rubbing the patient from head to feet with the palm of the hand. It is given in the form of infusion, pill, tincture or



powder. To make the infusion, pour half a pint of boiling water on sixty grains of the leaves; strain at the end of four hours, and add two tablespoonfuls of essence of peppermint or cinnamon. The dose is one or two teaspoonfuls, given twice a day until some effect is produced. To make the celebrated pill of Fox-glove and Squills, take of each of these plants one part, and add to the mixture the same quantity of a powder composed of equal parts of ground cinnamon, or cloves, or ginger and sugar; rub the whole thoroughly together, and make into pills of three grains weight, by means of conserve of rose. These pills are given in dropsy; one or two constitute a dose. To make the tincture, put four ounces of the leaves into a mixture of alcohol and water, one pint of each. At the end of fourteen days filter through paper. The dose is from five to twelve drops, given twice or three times a day. The dose of the powder is one grain repeated two or three times a day.

It has been successfully prescribed in cases of falling sickness, spasmodic asthma and whooping-cough, and also in rheumatism, gout, and diseases of the heart. For these purposes it is given in any of the forms directed above. It should be carefully watched, and observation directed as to whether it increases the flow of urine, or relieves the symptoms; for if no signs follow its employment, mischief is certainly preparing, and it is best to stop its exhibition.

Fox-glove is used in cases of dropsy with more success than in any other disease. Upon giving it for this purpose, begin with very small doses, and increase gradually, watching its effects; and if headache, or nausea, or slowness of pulse, or increased flow of urine appears, lower the dose, or stop giving it. In France it is applied externally in dropsy, by the fresh leaves being rubbed on the inside of the thighs, and over the belly. The tincture will answer the same purpose.

It is said to have produced sleep in delirium tremens, and thus effected a cure by giving the infusion in full doses every two hours till symptoms of drowsiness

appeared; but unless in the hands of science, this employment of it is rather perilous.

#### ACHILLEA MILLEFOLIUM—YARROW.

Millfoot.

This is a perennial plant, rising to the height of from twelve to eighteen inches, distinguished by its double-winged leaves and leaflets, so minutely divided and subdivided as seemingly to have the divisions incapable of being numbered. The flowers come out from June to September. They are white or rose-colored, and form a thick, flat bunch. The whole herb has an agreeable pungent taste and smell, and is medicinal; it should be gathered when in bloom. This plant will bear, when cultivated, heat or cold without damage, and grow in any soil or situation. A writer, in mentioning the fact that our warm summers render our medical plants more efficacious, adduces the circumstance of the Yarrow being exported to Europe as being much stronger than the same species grown across the water.

The infusion and extract of the plant are employed; the infusion is made by an ounce to a pint of boiling water and straining; dose, a wineglassful. An essential oil is obtained by distillation, which is given in doses of ten drops. Twenty grains of the powder is a dose, and six of the extract.

The infusion, both externally and internally, is used in piles and to wash sores. It is also employed in the vomiting of blood from the stomach or lungs, and in dysentery, diarrhea and nervous hypochondria. The powder is recommended in fever and ague, and the hot infusion in colic.

We are told that in some parts of Sweden they substitute the Yarrow for Hops in the manufacture of beer to make it more intoxicating.

## INULA HELENIUM—ELECAMPANE.

This plant has a perennial root, from which rises an annual stem from three to six feet in height, which is round, grooved, and branches near the top. The leaves are large, some that spring from the root being three feet long and twelve inches wide, cut on the margins and clasping the stem. The golden yellow colored flowers are very large; they stand singly on the ends of the stem and branches. The seeds are striped and four-sided, and furnished with a downy crest. It blooms in August. The roots are the parts used in medicine. These should be dug up in the fall, in the second year of the plant's growth.

Few plants have held such a high rank in popular estimation as this. Its most common modes of use are in the forms of powder and decoction. The dose of the powder is from twenty to forty grains. To make the decoction, boil half an ounce of the root in a pint and a quarter of water, down to a pint. Dose, from a tablespoonful to a wineglassful. It is much used in inducing a perspiration, increasing the flow of urine, relieving colds and coughs, and promoting expectoration, and in bringing on the monthly periods in women. For the last purpose it has been highly esteemed from the most ancient times. In dropsies of different parts of the body, more especially the belly, it has been found useful. It has been employed, both taken internally and externally, in ringworm, itch and, many other diseases of the skin. In colic it is drunk as hot as possible, and an injection thrown up at the same time.

An extremely useful syrup for coughs and colds, and of occasional benefit in consumption, is made by taking Elecampane, Comfrey and Slippery-elm bark, of each one ounce, and pouring on them three pints of hot water, boiling down to a quart, straining, and adding white sugar enough to make a syrup. A teaspoonful of this taken whenever necessary, is a dose.

IRIS VERSICOLOR.



BLUE-FLAG—FLOWER-DE-LUCE



## IRIS VERNICOLOR—BLUE-FLAG.

Flower-de-Luce, Flag Lily, Liver Lily.

This plant has a fleshy, perennial root, which runs along parallel to the ground, sending out great numbers of fibres. The stem rises two or three feet in height, is round on one side, sharp on the other, and often branching. The leaves are sword-shaped, clasp the stem as they come off, and are marked with lines. The large and beautiful flowers, of which there are from two to six, bloom in June. They are mostly of a varying blue or purple color. The fruit is a three-sided box, filled with a number of flat seeds.

The root is the portion used in medicine. It is much stronger in a fresh than in a dried state. The southern Indians hold this plant in the greatest esteem, and purposely grow it in ponds, as a purgative. Eight grains of the fresh root, and ten or fifteen of the dried, are sufficient to move the bowels with briskness. In larger doses than this it operates as an emetic, and also as a powerful purge. If too much is given, there is danger from the great distress, weakness and sickness of stomach it occasions. Sixty drops of the fresh juice will purge and vomit to a great extent.

In cases of dropsy, continued doses of fifteen grains will often effect a cure. In the *Home Doctor* mention is made of cures performed in that disease without disturbing the bowels, by a decoction made with three quarters of an ounce of Iris root and one quarter of an ounce of Button Snakeroot, and one pint of boiling water; the whole strained, and a tablespoonful taken night and morning. Should it produce weakness and headache, take half the quantity. This combination is the celebrated Indian remedy for dropsy.

The decoction is also useful in sore mouth and ulcers.

For common liver complaint, where there is yellowness of the eyes, pain in the right shoulder and loss of appetite, take three quarters of an ounce of Blue-flag, three quarters of an ounce of Yellow Dock, and a pint of boiling water. After standing some hours, strain,



and take a tablespoonful night and morning. If it occasions any pain, take less.

The leaves of the Blue-flag are often given to children for worms and loosening the bowels. Half an ounce is added to a pint of boiling water ; and one or two tablespoonfuls taken, according to the age.

The sweet blossoms make a syrup, which is also given to children. One ounce of them is put in a pint of boiling water, which is strained in two hours ; and while simmering, enough of sugar added to form a syrup. Dose, a tablespoonful. It is loosening, and will cure worms.

When cultivated, this plant should be grown in a damp, low place, the border of a marsh suiting it best.

#### ERINGIUM AQUATICUM—BUTTON SNAKEROOT.

Corn Snakeroot, Water Snakeroot.

This plant has a perennial, tuberous root, which sends up a stem to the height of some three feet, which forks in two and three divisions as it ascends. The leaves are very long, spear-shaped on the upper part of the stem, and sword-shaped below, having on their margins, at intervals, bristly spines. The flowers are of a whitish color, and bloom in August. It can only be raised to advantage in low, wet places. The root is the medicinal portion, and should be gathered late in the fall or in early spring.

This root is celebrated for its curative powers in the bite of snakes : for such purposes it is chewed and laid on the wound. It has a bitter, pungent, aromatic taste, and causes a profuse flow of spittle when taken in the mouth. It is used in cases of general weakness, and in long standing diseases of the lungs and bladder. It may be either chewed occasionally and the juice swallowed, or taken in the form of infusion : an ounce of the root to a pint of boiling water ; a tablespoonful at a dose. Under the head of the Blue-flag, will be found the combination used by the Indians in dropsy.

## ERIGERON PHILADELPHICUM—PHILADELPHIA FLEABANE.

Skevish, Scabish, Sweet Scabious, Daisy, Cocash, Frost-weed, Field-weed,  
and Squaw-weed.

This plant has perennial, yellowish roots, formed by a number of thick branching fibres; from these rise from one to four simple straight stems, which branch considerably at the top. The lower leaves spring from the root by means of a long footstalk; they are egg-shaped, and fringed on the margin with a few sharp teeth. The upper leaves are narrow, oblong, and rise without footstalks, partly encircling the stem at their base. The flowers come off at the top of the plant in a loose bunch; they are yellow-colored at the disk, but white, blue, or pale purple at the ray; they are in bloom from June to October. The whole herb is used, and should be separated from the root and dried when the plant is in flower.

By rubbing or pressing these plants, an oil is evolved which has a peculiar though not absolutely disagreeable smell; it may be obtained by distillation, is of a pale yellow color, and strong and acrid taste, and noted for its extreme fluidity. Two or three drops of this oil dissolved in alcohol have arrested flooding from the womb. The herb is most conveniently administered in the form of infusion: an ounce of the herb to a pint of boiling water, strained, and the whole quantity in divided doses every twenty-four hours. The tincture is made by putting an ounce of the herb into a mixture of alcohol and water, half a pint of each, and filtering through paper at the end of fourteen days; its dose is from one to three teaspoonfuls a day. The dose of the extract is from three to six grains, often repeated.

Fleabane exercises a powerful effect in increasing the flow of urine. It has often increased the daily evacuation from one to six pints. It does this, too, without offending the stomach or occasioning nausea, and may therefore be given in dropsy when Squill and Fox-glove utterly fail. In all diseases of the bladder and urinary organs, it gives speedy relief, by allaying the

pain and irritation, and is in consequence much used throughout the country in gravel and gout. A pint of the infusion has cured a looseness of the bowels of long standing in twenty-four hours.

Taken in any of the above preparations it has cured suppression of the monthly periods in women, dry coughs, eruptions on the skin, and cold hands and feet. Applied externally, and warmed, it makes a famous poultice for various kinds of hard tumors, relieving the pain they excite, and bringing them to a head.

#### PHYTOLACCA DECANDRIA—POKE.

Poke, Pocan, Coakum, Garget, Pigeon-berry, Chougras, Northern Jalap.

This plant has a perennial root of large size, often some six or seven inches in diameter, divided into two or three principal branches; soft, fleshy and whitish within, and covered with a brown skin. From these rises a stem of an inch in diameter to a height of six feet; it is round, smooth, branching, and of a purplish color. The leaves are egg-shaped and pointed, some five inches long and three broad, of a beautiful green color, and supported on footstalks. The flowers bloom from July to September. They are greenish-white in color, and succeeded by clusters of round, shining, purple berries, whose juice often furnish school children a ready-made ink for writing and staining their clothes. The dye, however, is not durable. The leaves, berries and root are used in medicine. Though the leaves when young are eaten as greens, yet when old they are an acrid, griping purgative. The root possesses most of the active properties of the plant. It should be dug up late in November, cut into thin cross slices and dried with a moderate heat. As it is injured by keeping, a new supply must be gathered every year. The berries should be collected when perfectly ripe, and the leaves in the middle of summer, when the footstalks begin to redden.

Poke acts as an emetic and purgative, and is often

narcotic. The dose of the powdered root, as an emetic, is from eight to twenty grains. When given for this purpose it will often not operate for an hour or two, but will then continue vomiting and purging a long time, sometimes inducing spasms or fits and great weakness ; drowsiness and dimmed vision not unfrequently attend its exhibition. At such times of danger, mustard draughts should be applied over the pit of the stomach, inside the thighs and on the soles of the feet, brandy and ether given, and the body rubbed rapidly with the hands, from head to feet. In cases of long standing rheumatism, the powder is given in grain doses two or three times a day, or else half a teaspoonful of the tincture taken in the same way. The tincture is prepared by pouring on three ounces of the berries a pint of alcohol mixed with a pint of water, allowing to stand fourteen days and filtering through paper. A decoction of the leaves or root will give relief in piles. Dr. Wood directs an ointment to be made by mixing an eighth of an ounce of the powdered root or leaves with an ounce of lard and applying it to scald-head and other eruptive diseases of the skin. It at first itches and smarts, but this soon passes off, and a beneficial effect results.

Farriers use poke-leaves with much success in curing bad ulcers in horses. The berries are often eaten by birds and fowls, without any more apparent injury, however, than giving a bad taste to their flesh, so as to render it very unpleasant as an article of aliment.

#### MELISSA OFFICINALIS—BALM.

Cureall, Dropsy-plant, Health-bitters.

This plant has a perennial root, which sends up every year several straight, four-sided stems, to the height of one or two feet. The leaves come off from the stem opposite to each other, are somewhat heart-shaped, deeply cut on the margins, and very hairy. The flowers are of white or yellowish color, and rise



on short footstalks from the angles formed by the leaf and stem, which latter they half surround. The leaves are the part used. They have a pleasant smell, and should be gathered before the plant blossoms, which it does towards the latter part of June.

The leaves make a pleasant, fragrant tea, and are very grateful in fevers, at which times they should be given to promote the action of sweating medicines. They are useful in slight attacks of headache or asthma. The infusion is made by pouring a pint of boiling water on an ounce and a half of the leaves and straining. It should then be drunk freely as soon as possible, while warm. It is often useful to relieve nausea in children.

#### CHIMAPHILA MACULATA—SPOTTED WINTERGREEN.

Wintergreen, Whiteleaf, White Pipsiseway, Spotted Pipsiseway, King-cure, Ground-holly, and Rheumatism-weed.

This plant has a twisted, creeping, perennial root, which sends up from one to three simple, straight, perennial stems, to a height of some four inches. There are but few leaves, and these evergreen; they have short footstalks, and three or four generally rise about the same point of stem so as almost to encircle it; the lower ones are more egg-shaped than the upper, and both have sharp teeth cut around their margins. The plant generally bears two or three flowers, which bloom in July and hang drooping from the end of a smooth footstalk.

#### CHIMAPHILA UMBELLATA—PRINCE'S PINE.

Common names similar to the other species.

This is also a small evergreen plant with a yellowish creeping root, which sends up half-trailing stems four or six inches in height, supporting leaves of a wedge-shape, incised on the margins, of a leathery consistence,



**CHIMAPHILA MACULATA.**



**SPOTTED WINTERGREEN**

smooth, of a shining green color above, but paler beneath. The flowers are supported on nodding foot-stalks at the termination of the stem; they are of a white color, tinged with red, and appear in the latter part of June.

Both species have the same medical properties, and when freshly bruised emit a peculiar, not ungrateful odor. The Indians have long used these plants with success in rheumatism, scrofula and diseases of the bladder and kidneys; and from them it has been adopted by physicians. They raise the general tone of the system, and increase to a considerable extent the flow of urine. The decoction of the leaves is the preparation generally preferred. It is made by boiling two ounces of the freshly bruised leaves in three pints of water down to a quart; the dose of this is a pint taken at intervals during every twenty-four hours. The watery extract is given in doses of ten or fifteen grains, three or four times a day. They are extensively used in dropsies of various parts, liver complaint, bloody urine, rheumatism and low fevers, and have the great advantage of being grateful to the stomach, and not thrown off by it when almost all other medicines that promote the flow of urine disagree with it and prove irritating. In tumors, long continued hard swellings and malignant ulcers, both in the form of poultice and decoction, they prove very beneficial; in some instances they blister the skin. There is an account in the books of an obstinate case of scald-head, or scaly eruption on the scalp of a child, which resisted every common application, but was immediately cured by an ointment made with the leaves of the Prince's Pine. When taken internally there are times in which the patient is terribly frightened by finding his urine of a greenish black color; but this is a favorable symptom rather than otherwise.

## SYMPHYTUM OFFICINALE—COMFREY.

Healing-herb, Gum-plant.

This plant has a whitish, perennial, tapering root which sends up a rough, erect and branching stem, to the height of four feet. The leaves have no footstalks and come off from the stem one above the other on opposite sides. They are rough, of an oblong shape, and diminish to a point. The flowers are of a yellowish white color, and bloom in June and July. They come out in curved, terminal, nodding bunches. The whole plant is sometimes used, but it is only the roots which are of much importance, and these should be gathered in the fall, or in early spring.

The root has no smell. The taste is slightly acrid and sweetish, and considerably glutinous. The most convenient method of using it is in the form of decoction; one or two ounces to a pint and a half of water, boiled down to a pint. Dose, a wineglassful, repeated as often as necessity requires. In dysentery and diseases of the bladder and kidneys it is very useful, as also in scalding urine and piles. Its principal efficacy is shown in diseases of the bowels and urinary organs, when taken boiled in milk, in the same proportion as the watery decoction. In families it is much employed as a drink in coughs, colds, and all catarrhal affections. Bruised, and applied externally to sprains, wounds and ulcers, it is said to be beneficial.

## MENTHA PIPERITA—PEPPERMINT.

This plant has a perennial, creeping root, which sends up a purplish, grooved and hairy stem, to the height of some two feet. The leaves have footstalks, are placed opposite each other, are of an egg-shape, sharply cut on the margins, pointed; of a dark green color on the upper surface, but paler and rougher on the under. The flowers are quite small, of a purple color, and disposed in terminal spikes. They bloom in August. The whole herb is used, and should be

cut for medical use in dry weather, just as the flower buds begin to open.

Peppermint has long been known as a grateful aromatic stimulant. It is not only used as a medicine but its aromatic oil, made into an essence with alcohol, is extensively employed to flavor sauces, conserves and candy. It used formerly to be given in the form of tea or infusion; an ounce of the herb to a pint of boiling hot water, and a cupful at a dose; but at present, the essential oil and its essences are so readily procured that they are always preferred, and are taken by dropping them on sugar. One to five drops of the oil is a dose, and a teaspoonful of the essence. To make the essence put one quarter of an ounce of the oil into a pint of alcohol, and add a few blades of grass to communicate a fine green color. Peppermint relieves sickness at the stomach, spasmodic pains of the same organ and bowels, colic, wind, faintness, diarrhea and cholera morbus. The fresh herb bruised, and applied to the pit of the stomach, will cure nausea. The same application is also useful in the bowel complaints of children.

PENNYROYAL and SPEARMINT have the same virtues, are used for the same purposes and in the same manner as Peppermint.

#### RUMEX CRISPUS—YELLOW DOCK.

This plant has a perennial, yellow, spindle-shaped root, which sends up a smooth grooved stem, some two or three feet in height. The leaves are spear-shaped, waved and pointed. The flowers are very numerous, coming out in large bunches, through which the leaves often appear. They bloom in June. The roots are the medicinal portion, and should be gathered in the fall.

Dock-root may be given either in powder or decoction. Two ounces of the fresh root bruised, or an ounce of the dried, are boiled in a pint of water for

half an hour, then strained, and a wineglassful taken as a dose, and repeated as often as the stomach will allow. From thirty to sixty grains of the powder may be taken at a time. Dockroot generally acts as a mild tonic. In all eruptions and diseases of the skin it is now held in the very highest estimation; in the itch it was for a long time considered as a specific. In scrofulous disorders and scurvy, its employment will be found particularly beneficial. The powdered root has been used as a tooth-powder with considerable success in the cure of spongy gums.

The roots are employed in dyeing a yellow color.

The different species of Dock all possess the same properties. As external applications, in washes or ointment made with their leaves, they are noted for their cures of diseased scalps in children.

#### RHUS GLABRUM—SUMACH.

Smooth Sumach, Pennsylvania Sumach, Upland Sumach.

This is a shrub from four to twelve feet in height consisting of many straggling branches, and smooth in all its parts. The leaves are upon smooth footstalks and consist of some dozen or more pairs of opposite leaflets, with an odd one at the end. They are of a spear-shape, awl-pointed, sharply indented on the margins, smooth, green on the upper surface and whitish beneath; their color changing in the fall to a handsome reddish tint. The flowers are of a greenish red color, and arranged in large compound, terminal clusters. They bloom in July, and are succeeded early in the fall by clusters of crimson berries enveloped in a silky down. The berries are the part used in medicine, and should of course be gathered when ripe.

An infusion of sumach berries, one ounce to a quart of water, forms a pleasant and refreshing drink in fevers, especially where there is much thirst. Made twice as strong, an ounce to a pint, it is useful in diar-



rhea and dysentery. Sweetened with honey, or still better, with syrup of Maidenhair, the infusion forms a valuable gargle in inflammation and ulceration of the throat. An infusion of the inner bark of the root, an ounce to a pint, employed as a gargle, sweetened as just directed, is considered by some physicians a specific in curing the sore mouth produced by inordinate mercurial salivation. The juice of the plant removes warts and ringworms. The dried berries make a fine substitute for tobacco. A spirituous infusion of the fresh root, an ounce to a pint of alcohol, after standing four hours, is rubbed over a rheumatic limb with warm flannel, and generally gives relief. A gum exudes similar in quality to copal; this will cure toothache, if put in the hollow teeth.

#### VARBASCUM THAPSUS—COMMON MULLEIN.

This plant has a straight, woolly stem of some three or four feet in height, thickly covered with woolly leaves, whose bases extend below the points where they are inserted. The roundish flowers, of a golden yellow color, bloom from June to August. They have short footstalks, and are arranged in thick, close bunches. The leaves and the flowers are the parts used in medicine. The leaves should be gathered just before flowering, and the flowers of course when in bloom.

The soft, velvety leaves have long had a great reputation for rubbing rheumatic joints and limbs, being equal to flannel, and besides medicinal. For sprains and swellings of all kinds they make an excellent poultice. The infusion, made in the proportion of an ounce to a pint, has a slightly bitter, astringent taste. It is drank by the cupful in looseness of the bowels, made in the proportion of three ounces to a pint, it forms a wash in piles, scalds, and various wounds in cattle. Its most useful preparation, however, with the exception of the leaf-poultice, is a perfumed tea,

made with the blossoms, which has much reputation in relieving spasms or cramps, disposing to sleep, and easing coughs. In bleeding from the lungs or bowels, the tea is drank freely with much advantage.

DATURA STRAMONIUM—COMMON THORN APPLE.

Jamestown-weed, Jimson.

This plant has a white, crooked annual root, sending up a smooth hollow stem, from three to eight feet in height, bearing leaves of an oval triangular form, supported on footstalks having lobes cut into their margins which leave sharp points. The flowers are large, showy, seated on a footstalk that springs from the angle formed by the leaf and stem; are sometimes erect, at others nodding, of a white or bluish color, and bloom from June to October. The fruit is a large fleshy box covered with spines divided into four cells and filled with seeds. All parts of this plant possess medicinal virtues. The leaves may be gathered from the time of flowering till the frost sets in; the roots must be taken up before flowering, if used.

The Thorn Apple is a powerful narcotic; the whole plant has a foul, lurid smell, which alone will cause sickness at stomach, headache and stupor. When medicinally employed, and only taken in quantities to effect the system in a moderate degree, it brings on dizziness, severe headache, dimness of vision, squinting, confused thoughts, and oftentimes slight delirium; curious sensations are felt around the mouth and throat; at times suffocation is threatened, and there is much nausea; the pulse does not alter, but the skin is rather cold and clammy; the bowels relaxed, and the urine flows in a considerably greater quantity than is natural. At the end of two or three hours these effects begin to diminish and gradually abate, so that some six hours afterwards all has passed and not a trace been left in common cases to mark the danger passed. Cases have occurred in which the conservative principle could

not conquer the disease, and then the symptoms mentioned increased in intensity, complicated with pain in the region of the heart, excessive thirst, blindness, with dilatation of the pupil, palsy, and the scene ends in convulsions. Where fatal results are apprehended, an emetic should immediately be given, say one or two teaspoonsful of ipecac, or a teaspoonful of white vitriol, or if these are not procurable, the most nauseating thing that can be thought of; salt and warm water, or mustard and warm water, and tickling the throat. I have given in a case of poisoning, once, at the recommendation of an old lady, when there was nothing else to be obtained, freshly passed urine and a little butter. It made the patient so deadly sick, that vomiting was instantly induced, and life was preserved. Apply mustard draughts to the soles of the feet, inside of the thighs and pit of the stomach. When vomiting has been freely induced, give pure lemon-juice or strong vinegar freely as a drink. A happy effect will be produced all the time during the use of the other means, if the warmed hands are rapidly and continually passed over the body, from the head downwards.

The seeds are the most powerful part of the plant. Of these the dose is three-fourths of a grain, twice a day. The dose of the powdered leaves is from one and a half to two grains. The juice of the fresh leaves boiled down till it becomes solid, is given in doses of three quarters of a grain. The dose should be carefully and steadily increased until it produces some signs such as we have mentioned, that it has taken effect on the system, or else gives relief from the disease. Marcet and others say, it is only safe to begin using this plant in one eighth of a grain doses, and the probability is, that if such advice was followed, fewer accidents would occur in its exhibition.

It has been found useful in curing epilepsy, or falling sickness, especially that species of it where the fits come on at regular intervals. In diseases of the nerves and rheumatic affections; given as above directed, in any of its forms, but more especially in

That of the inspissated juice, it has given much satisfaction. It has also acquired great repute in spasmodic asthma, curing where everything else had utterly failed. For this object, grain doses of the extract must be taken only during the paroxysm, which it will much alleviate, if it does not cause entirely to cease. But the most efficient and safe method of applying it is to cut the root into fine pieces, dry it quickly, and then smoke it in a common pipe, during the paroxysm, in a similar manner to tobacco. The dried leaves answer the same purpose. A decoction of the leaves has been employed with success in delirium tremens, but it is a dangerous resort. Surgeons rub the extract mixed with lard over the eyelid, or drop a solution of it on the eyeball, for the purpose of dilating the pupil, before operating for cataract. There are instances in which tic doloieux has been cured by the extract.

Externally, it is used in burns, tumors, gout, ulcers and various eruptions of the skin. An ointment of the leaves, made by boiling one pound of the leaves in three pounds of lard, until they become brittle, and then, while hot, straining through linen and adding at once half a pound of melted yellow wax, and stirring the whole until it becomes cold. This ointment is invaluable for the purposes above mentioned, and will give immediate relief in piles, especially when the tumors are painful.

#### CHELONE GLABRA—SNAKEHEAD.

##### Balmey Snakehead.

This plant has a simple, straight stem, rising some two feet in height. The leaves are of an oblong lance-shape, awl-pointed and finely and sharply toothed on the margins. The flowers resemble the head of a snake with its mouth open and tongue extended. They are of a whitish color, often tinged with red, and bloom in August and September, contrasting most beautifully in color with the dark shining green of the



CHELONE GLABRA.



BALMONY SNAKEHEAD.



leaves. The flowers are quite large, and arranged in a short, terminal, thick bunch. The plant is perennial, loving brooks and wet places.

This plant has mostly gained notice from being an ingredient in Thompson's spiced bitters, but it is worth prescribing on its own merits. It has an intensely bitter taste. The infusion is made in the proportion of an ounce to a pint. Dose, a tablespoonful. Dose of the powder, five to ten grains. It strengthens the tone of the stomach, and thus proves beneficial in dyspepsia, loss of appetite and general weakness. It is also said to be useful in liver complaint, jaundice and worms.

#### ROSA CENTIFOLIA—HUNDRED-LEAVED ROSE.

This is a prickly shrub of three or four feet in height, bearing flowers of every possible hue and color, but mostly of a pinkish tinge. No particular description need of course be given of this plant, it being too well known to require such.

The roots, buds and heps have a sweetish taste, combined with astringency. Made into either tea or syrup they are useful in checking mild cases of looseness of bowels and dysentery.

#### RUBUS—BRAMBLE.

There are upwards of thirty native species of Bramble in the United States. They are scattered as profusely as if Nature saw beforehand the need we should have of them. Like the roses, to which they are nearly allied, no description is required.

Bramble roots, made into an infusion or decoction of an ounce to a pint, are famous in cases of cholera infantum, bleeding from stomach, long standing dysentery and looseness of bowels. The Cherokee Indians chew them to ease coughs, and apply a cold poultice of them in piles with success. The fruits of all of them are cooling and grateful, and made into

infusion, or prepared as preserves or syrup, form an invaluable drink in looseness of bowels, gravel, spitting of blood, sore throat, scurvy, and low, malignant fevers. A delicious beer is also made from them, extremely useful in the same diseases.

#### SCUTELLARIA LATERIFLORA—VIRGINIAN SKULL-CAP

Mad-weed, Hoodwort, Blue Pimpernel.

This plant has a perennial, fibrous, yellow root, which sends up a smooth, four-angled, straight stem, two or three feet in height, very branching. The leaves come off opposite to each other, are somewhat egg-shaped, rounded at base, awl-pointed, cut on the margins, and stand on long footstalks. The flower-stalks come off opposite to each other, from the angles formed by the leaves and stem. They are quite long, one-sided, and bear bunches of small blue flowers, intermixed with little leaves. They bloom in July and August, and after flowering the flower-cup closes down over the seeds in such a manner as to give the common name of Skull-cap. The juice of the plant has a tinge of red. It is found in woods, meadows, and near water, and has a vapid, bitterish taste. The whole herb is used, and should be collected when flowering.

Skull-cap may be given in the form of powder or infusion. Twenty grains of the powder or a wine-glassful of an infusion made in the proportion of an ounce of the herb to a pint of boiling water. In either form, repeat the dose four times a day. Its properties are to strengthen the system, quiet the nerves, and cure spasms or cramps. In St. Vitus' dance it has been quite successful. Given just before the paroxysm, it has prevented a fit of fever and ague, and followed up, has entirely cured. These were generally known as the properties of Skull-cap, until 1772, when Dr. Vandersveer brought it into notoriety as a cure for hydrophobia. It is said that from that period until 1815, he

prevented four hundred persons and one thousand cattle from running mad after being bitten by hydrophobic dogs! His son, I am told, has cured over ninety persons and three hundred cattle in the same way, since his father's death. Strange as this appears, it is corroborated by hundreds of scientific physicians throughout the United States, some of whom had occasion to confirm its virtues on themselves. Rev. J. R. Bigelow cites instances in his own personal experience where this plant has cured, and also Mr. H. Webb, who is fond of dilating on its powers. The infusion prepared as directed above, should be taken every four hours, in hydrophobia. The plant applied in the form of poultice to the wound, and one ounce of flour of sulphur taken every morning, in molasses, during the cure. The diet should be light.

#### ILEX OPACA—AMERICAN HOLLY.

This is a tree of ten to forty feet in height, increasing in size as it grows more southerly. The leaves are evergreen, of an oval shape, sharp at the end, with strong, spinous teeth, of a leathery consistence, smooth and shining, supported on short footstalks. The flowers are small, of a yellowish white color, and bloom in May or June. They are arranged in flat bunches, and succeeded by clusters of round, handsome, scarlet berries, that stay on the tree during winter. The root, bark, leaves and berries are used in medicine.

The decoction of an ounce to a pint and a half boiled down to a pint, is taken by the tablespoonful in coughs and colds. Still weaker, it is used as a drink in fevers, gout and rheumatism, for the last two of which an external poultice is at the same time applied to the part. Kalm says, that the leaves boiled in small beer will cure mild cases of pleurisy. An infusion of the bark, an ounce to a pint of boiling water, the whole taken during twenty-four hours, has been given with some success in cases where there is an immoderate flow of sweetish-tasted urine.

## ANTHENUS NOBILIS—CAMOMILE.

This is a perennial plant with white flowers, which bloom from July to September, and leafstalks, on which are rows of three-parted leaves opposite each other. The stem branches at the base, and varies in height from several inches to two feet.

The flowers have a strong, agreeable odor, and are used to quiet pain and strengthen the tone of the system. The infusion is made by pouring a pint of boiling water on an ounce of the leaves in a covered vessel, and straining when cold. Dose, a wineglassful three times a day. It is very useful in dyspepsia, cramps, and wind on the stomach, and also in hysterics. The infusion, made twice as strong, and taken in the same doses four times a day, have cured fever and ague, where Peruvian bark has failed. In slight cases of dyspepsia, where some uneasiness and a sense of weight is felt after eating, it is sufficient to carry some in the pocket, and occasionally chew them, taking care, however, to swallow the juice. I have known many persons enabled in this way to give up the chewing of tobacco, by the substitution of the camomile flowers. In ordinary cases where an emetic is administered, a weak infusion of camomile, drunk lukewarm, will assist materially its action, and at the same time prove beneficial, by strengthening the tone of the system, and prevent the emetic from prostrating to too great a degree. The flowers should of course be gathered when in bloom, and dried at once.

## MARUTA COTULA—MAY-WEED.

Wild Camomile, Dog's Fennel, Dilly, Dilweed, and Field-weed.

This plant has an annual, crooked, fibrous root, which sends up a straight stem, one or two feet in height, very branching, and covered, in common with the leaves, with short, woolly hair. The leaves are without footstalks, and come off one above the other on opposite sides. They are smooth, flat, and arranged



in double rows. The flowers are numerous, and have separate, terminating stalks. They are of a white color, and bloom throughout the summer.

Both the herb and flowers are medicinal, but the flowers are most generally employed. It is made into infusion and decoction, the same as Camomile, but the dose required is half as much again, as this plant is weaker. Linneus said that the May-weed was grateful to toads, drove away fleas, and annoyed flies. Its properties are mostly owing to an essential oil, which has a bitter, acrid taste, and rather unpleasant odor; more sharp than the Camomile, but less balsamic and soothing in its nature. It is extensively used in families throughout the country, in cases of rheumatism, hysterics, dropsy, asthma and scrofulous diseases, and is applied both internally and externally. A strong and hot infusion, either in the warm bath or fomentations, will relieve rheumatism, hysteric fits, piles and bruises. Like the Camomile, its infusion in a weak form may be freely given to promote the action of emetics, but it is not so grateful to the patient.

This plant is not eaten by cattle nor domestic animals. The flowers should be collected when in bloom.

#### CIMICIFUGA RACEMOSA—BLACKSNAKE-ROOT.

Squaw-root, Rich-weed, Rattle-weed, Rattlesnake-root and Black Cohash.

This plant has a thick, black, perennial root, with long fibres, sending up a stem from four to five feet in height, from which the leaves come off in threes; each leaflet being of a long egg-shape, toothed on the margins. The flowers are white, and arranged in long bunches. They have a strong, disagreeable smell, scenting the places round them in June and July, when they are in bloom. The plant should mostly be sought for in upland woods.

From the fact of the Indians using the root to cure the bite of the rattlesnake, it has derived its name. The infusion is mostly used, made by pouring a quart



APOCYNUM ANDROSÆMIFOLIUM.



BITTER-ROOT—DOG'S-BANE.

of boiling water on two ounces of the root. Dose, when cold, from one to two tablespoonsful three times a day. It is found useful where the menstrual discharge is deficient in quantity and painful. The Indians using it extensively for the diseases of women, has given rise to one of its names. The Indians also use it in rheumatism, drinking the cold infusion at intervals, at the same time applying a hot decoction to the affected parts. The cold infusion will relieve pains in the stomach and chest, and is useful in bowel complaints, especially those of children in the summer. It is an excellent application for tumors of various kinds, when made into a poultice by thickening Slippery-elm bark with its hot decoction.

APOCYNUM ANDROSAMIFOLIUM—DOGS'BANE.

Bitter Dog's-bane, Milk-weed, Bitter-root, Honey-bloom, Catchfly, Flytrap and Milk Ipecac.

This plant has a large, bitter, perennial root, filled, like the whole plant, with a milky juice. It sends up a smooth, round, milky stem, covered with a tough bark, to the height of three or four feet, which becomes reddened by the sun. The leaves are egg-shaped; dark green above, paler beneath, three inches long and two wide, standing on stalks one quarter of an inch long. It flowers in curved, terminal bunches, which come off sideways. The flowers resemble little bells; they are of a whitish color, tinged with red, and bloom in June and July. The fruit is a pair of long, round, slender, sharp pods, filled with a quantity of silky seed-down, which envelop many seeds. The flowers smell like honey, which tempts bees and other insects to come after it, but these get caught by the intricacies of the flower, and, unable to extricate themselves, die in that situation. No animals eat this plant. It loves dry and sandy soils.

The root is the most powerful part. This should be used in a fresh state, as it is injured by keeping. Its

introduction into practice is due to the southern tribes of Indians. Twenty to twenty-five grains of the freshly powdered root will act as an emetic. Two or three grains, frequently repeated, are given in dyspepsia and common fevers. Dropsy has been cured by giving tablepoonful doses of a decoction, made in the proportion of an ounce to a quart, frequently repeated. After giving it in this way for some time, it will act on the bowels, and induce enormous discharges of water. Cases have been known, however, in which it has cured, by inducing a considerable flow of urine and of perspiration.

#### ARARIA NUDICAULIS—SMALL SPIKENARD.

Spikenard, Sassaparil, Sassaparilla, Wild Sarsaparilla, Wild Liquorice, Sweet-root, Scrofula-weed, Life of Man, Petty-morel and Pigeon-weed.

This plant has a perennial, brown, yellowish, twisted, creeping root, from which rises a long leaf stalk, supporting a large, single, compound leaf, divided into three times three or three times five parts. The leaflets are of an oval shape, awl-pointed, and finely and sharply cut on the margins. The flower-stalk rises to the height of a foot or two, of a round shape, without hairs or down, and divides at its end into three simple, naked stalks, supporting each an umbrella-shaped bunch of greenish flowers. The fruit is a small, round berry. The spikenard blossoms in June and July.

This plant is similar in appearance to Sarsaparilla, and has similar properties, and within the last ten years, since so much noise has been made about the virtues of that article, has come into great demand. It should be sought for in shady places and good soil, such as deep woods, groves and retired valleys, and will richly repay the labor bestowed in gathering it, either in health or money; as for the latter purpose it commands a ready sale.

The country doctors use it in imitation of the native

Indian tribes. Throughout the United States it is noted in domestic use for curing coughs, colds, weaknesses of various kinds, and wounds. All parts of the plant are useful, but the roots and berries are most efficient.

The milky oil, or balsamic juice of Spikenard, is used with some success in cases of ear-ache and deafness. The berries or roots are mostly made into a syrup, by taking two ounces of either, pouring them into a quart of boiling water, and boiling down to a pint and a half, straining, and adding sugar enough to form a syrup. The dose is a tea or tablespoonful frequently repeated. This is used for the purposes above mentioned. The berries steeped in wine, an ounce to a pint, are recommended in gout. Dose, a teaspoonful after it has stood a week, and been strained. This is also good in pains in the breast and belly, rheumatism and heart-burn. The roots are bruised, or, better still, chewed, and thus applied to wounds and ulcers, as in the Indian method. For erysipelas, ring-worm, and common affections of the skin, fomenting with the hot decoction, or poulticing with the bruised berries or roots will be beneficial. The berries give a fine and healthy flavor to beer, and a wine similar to Elder can be made from them.

#### ATROPA BELLADONNA—DEADLY NIGHTSHADE.

A perennial plant with a juicy stem, rising to the height of four or five feet, branching below, of a somewhat purplish hue, bearing egg-shaped leaves and pale purple flowers, which bloom in July and August, and are succeeded by large, cherry-like, glossy, dark berries, full of a purple juice. Every part of this plant is poisonous in large doses.

The leaves were formerly much used to discuss indolent tumors and ill-conditioned ulcers, and their success in such cases led to their internal employment, but out of the hands of science it is best not to meddle with



this plant internally. It has been taken in the form of extract in various diseases, as nervous complaints, whooping-cough, rheumatism, gout, dropsy, and long-continued fever and ague. The dose is at first half a grain twice a day, gradually increased.

#### ARUM TRYPHILLUM—DRAGON-ROOT.

Three-leaved Arum, Indian Turnip, Dragon Turnip and Pepper Turnip.

This plant has a perennial, round, flattened, tuberous root, with many white fibres, and a dark-colored, loose, wrinkled skin. The leaves rise on long sheathing footstalks, bearing three smooth leaflets of an oval shape, waved, and coming to a sharp point, covered with regular parallel veins. The flowerstalk rises from the sheathing leaves to a height of ten inches, supporting a thickly-set column of flowers, which are enveloped in a kind of inverted cone, surmounted by a striped green and purple hood. It blooms from May to July, and bears a cluster of bright scarlet berries. It is said that the seeds and roots of this plant may be rendered eatable by long-continued boiling or roasting, and that thus prepared the Indians habitually use them. This plant loves damp, rich, shady woodlands.

The best mode of employing it internally is to either grate the fresh roots, or reduce them to a pulp, with three times their own weight of sugar, and thus form a conserve, the dose of which will be half a teaspoonful once or twice a day. It is used for wind and cramps on the stomach, and also asthmatic and consumptive affections. In that peculiar form of disease called atrophy, or wasting away of the body, in weak and sickly constitutions, great debility from fevers, deeply seated rheumatic pains, pains in the chest, chronic catarrh, and various other diseases of the same nature, has it proved beneficial.

The fresh roots are now and then used, from their acrid irritating qualities, to rub on to parts of the body where it is desirable to raise a blister; and if they do



not always effect this, they cause a sensation of burning, and produce a deep redness, that continues for a considerable period, and which often gives great relief.

#### CAPSICUM ANNUUM—RED PEPPER.

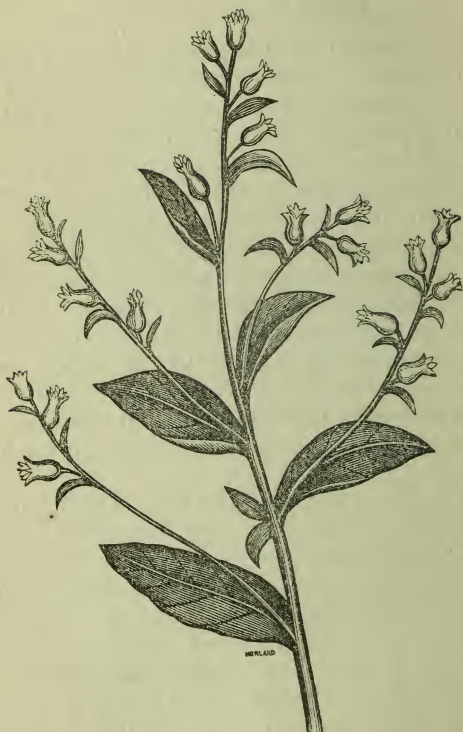
Cayenne Pepper, Guinea Pepper.

This is an annual plant, sending up a juicy stem, from a foot to eighteen inches in height, its greenish yellow flowers blooming in July, and succeeded by the oblong fruit, which hangs by the smooth stalk.

This well-known fruit is much valued as a condiment for its strong stimulant powers, and consequently much abused, bringing on inflammatory fevers of various kinds, liver complaint and bloody piles; all being efforts which Nature makes to get rid of the effects of unhealthy and morbid stimulation. Where there is a tendency to the formation of wind on the stomach, and the gulplings-up of it are annoying, it is well to use a little red pepper as a spice, and it will relieve the difficulty, but it should be distinctly borne in mind that stimulants never suit the healthy: it is well to reserve such for times of sickness.

As a gargle, in palsy of the tongue and putrid and ulcerated sore throat, it is very beneficial; for these purposes, milk should be used with it as a vehicle. Made into a tincture with brandy, and rubbed on the parts affected, in rheumatism, palsy and gout, it will give relief. The toothache has also been often cured by dropping in the cavity some of the tincture. Ten drops of the tincture (made by an ounce of the berries to a quart mixture of equal parts alcohol and water, standing fourteen days and filtering) dropped in an ounce of water, and applied as a wash to weak eyes, where the trouble is of long standing, will often effect a cure. In the West Indies and our Southern States, it is given to the negroes in cases where a peculiar unnatural weakness comes over them: they swallow a teaspoonful, and at the same time have the diluted tinc-

LOBELIA INFLATA



INDIAN TOBACCO.

ture rubbed over them. For many years back I have cured various headaches, pains in different parts, dizziness and similar symptoms, where cold feet have existed, by simply keeping the bowels open and causing the patient to wear flannel socks next the skin, as well as his ordinary clothing of the feet, and sprinkling inside of each sock one or two teaspoonsful of cayenne pepper: it warms the feet, thoroughly removes their unnatural chilliness, and by thus bringing the blood where it really does good, removes it from those places where it was producing much harm. Cayenne pepper, or any similar stimulant, should be carefully avoided in inflammatory fevers of all kinds: it is only ignorance that could ever recommend its exhibition in such states of the system. It may, to be sure, have a beneficial effect, but it will be by producing a powerful impression on the life power, and if a cure is not effected, death will most probably ensue.

#### LOBELIA INFLATA—INDIAN TOBACCO.

Wild Tobacco, Emetic-weed, Puke-weed, Asthma-weed, and Fever Cure.

This plant, about which in later days more has been said and written than upon perhaps any other article of the *matra medica*, has a milky stem, which is straight and hairy, rising to the height of about two feet. The leaves come off on opposite sides above one another, are oval, sharp-pointed and finely toothed on the margin, supported on footstalks, and partially clasp the stem as they rise from it. The flowers are scattered, arranged in terminal bunches, the lower ones with, and the upper ones without a footstalk. They are small and of a blue color, blooming from July to September.

Samuel Thompson claims to have discovered the properties of this plant, but that the Indians knew all about it long before, their name of Puke-weed is sufficient evidence. Preparatory, we are told, to assembling in their great councils, it was used by them to

cleanse out the bowels, that the head might be clear, and ready for consultation. The whole plant is used, but the most powerful part are the seeds. Its effects resemble much those produced by tobacco, with the exception of being much more speedy in action and sooner over. In large doses it is a deadly narcotic, producing alarming symptoms, constant vomiting, trembling, and finally a cold sweat, ushering in death. In more moderate doses there is less prostration, accompanied with a prickly sensation running all over the system. It is used in substance in powder or tincture, though the whole plant is commonly collected in the fall when in seed, and pulverized, yet the seeds and young leaves are most powerful. One grain sometimes vomits, while ten is considered an ordinary dose. Two thirds of a teaspoonful of the tincture is a dose. One pound of the plant is put into a gallon of half alcohol and half water, to make the tincture. Let it stand fourteen days and filter through paper. A teaspoonful of the tincture has been said to have cured lockjaw instantly, by relaxing both the jaws and whole system. It was poured in at the sides of the mouth. In all nervous diseases, fits, cramps, asthma, lockjaw and St. Vitus' dance, it is highly recommended. A case of hydrophobia has been cured with it in the last stages. In rupture it is given in the form of injection, which effects a complete relaxation, and thus allows the return of the bowels. The most efficient action of Indian tobacco as a remedial agent is shown in spasmodic asthma, in which it is regarded as a specific. In this case it should be given, till it induces nausea and vomiting.

#### PRUNUS VIRGINIANA—WILD CHERRY.

The bark, taken in doses of from five to ten grains, strengthens and invigorates the system. In large doses, it acts on the brain, producing drowsiness and delirium. It is taken in fevers, agues, dyspepsia,

asthma and hysterics of long standing, and heart-burn. Stewed Cherries, as well as Prunes, form a laxative article of diet.

#### ASARUM CANADENSE—WILD GINGER.

*Asarabacca*, Broad-leaf *Asarabacca*, Indian Ginger, Canada Snake-root, Heart Snake-root and New Colt's-foot.

This plant has perennial, creeping roots, fleshy, jointed and round, with the fibres scattered, brownish outside and white within. The leaves are supported on long, velvety footstalks, are some four inches long and five wide, and deeply lobed at the base. The flowerstalk rises between the bases of the leafstalks. It bears a solitary, nodding blossom, of a purplish color from May to July. The fruit is a six-sided box, filled with small seeds. It must be sought for in rich, shady soils.

The whole plant, but more particularly the root, has a pleasant, spicy taste, stronger and sharper than ginger. It is mostly used in palpitation of the heart, connected with an irritable stomach, the later stages of low fevers, hooping-cough and melancholy. The dose of the powdered root varies from one grain upwards. But a small quantity should be given at first, as it is apt to occasion sickness at the stomach. It is said that the best mode of administering it is in the form of a cordial, made by adding an ounce of the tincture to a pint of simple syrup. Dose, a teaspoonful, frequently repeated. The tincture is made by putting three ounces of the coarsely powdered root into a quart of half alcohol and half water, allowing to stand a fortnight, and filtering. Dose, from five to ten drops. The dried leaves, when finely powdered, are used with advantage as a stimulating snuff, in disorders of the head and eyes. An infusion of the whole plant is sometimes added to fermenting wine or beer, and renders it much more grateful as well as medicinal.



## COPTIS TRIFOLIA—GOLD-THREAD.

Mouth-root, Vegetable Gold, and Yellow-root.

This pretty little evergreen plant has a bright, yellow, perennial root, which sends up long, slender leaf stalks, each supporting three leaflets somewhat scoloped in shape, and of a smooth, firm and veined surface. The flower-stalk is about the same length as the leaves, three or four inches in height, and bears in May a single, star-like, white flower, about half an inch in width. It is commonly found in mossy swamps and bogs of evergreen woods. The roots are the only parts used, their fine gold color giving name to the plant. They should be collected in summer, are easily dried, but powdered, on account of their toughness, with difficulty.

A tincture of the root is formed by pouring on an ounce of them a pint mixture of half alcohol and half water, standing fourteen days, and filtering. Dose, a teaspoonful twice a day. Ten grains of the powder may be substituted. It strengthens the system and promotes appetite and digestion. It is principally given in cases of dyspepsia, weakness, and on recovery from fevers.

It is most commonly used, however, in the form of infusion, an eighth of an ounce to a half a pint of boiling water, adding to the whole some ten grains of alum. As a gargle, in ulceration of the mouth and throat, in common cases, I do not know anything superior to this infusion, sweetened with honey.

## PODOPHYLLUM PELTATUM—MAY APPLE.

Mandrake, Wild Mandrake, Wild Lemon, Duck's-foot, Raccoon-berry, Yellow-berry, Pecan and Ground Lemons.

This plant has a perennial root, which sends up a round, smooth stem, about a foot in height, dividing at the top into two round leafstalks, which support at their ends a five or seven deeply-lobed leaf, two-parted at the ends, and attached to the stalk by its under surface.

Between the base of the leafstalks comes out the flowerstalks, bearing at its termination a drooping, white flower, which blooms in May. The fruit resembles an egg-shaped plum, is of a yellowish color, and ripens early, of an acid taste, and eatable.

The creeping cylindrical roots, of a yellowish brown color, forms one of the best native purges. Though a little more griping than jalap, it is considered fully equal to it. It is given either in the form of powder or extract. From five to ten grains of the powder is a dose, and from four to eight of the extract. Where a good and efficient purgative is required, the following mixture will be found useful :—

|  |                |
|--|----------------|
| Take of powdered May Apple, one ounce, |                |
| “ Cream of Tartar,                     | “ “            |
| “ Spearmint,                           | half an ounce. |

Mix thoroughly. Dose, a teaspoonful. This is to be given where purging is required in fevers.

May Apple, used in bilious complaints, or where any trouble exists about the liver, will be found decidedly useful. The Cherokees use the powder to expel worms. A whole plant is given, in decoction, by farriers, to purge horses. The Cherokees use the fresh juice of the root to cure deafness, by putting a few drops in the ear. No cattle will eat the leaves.

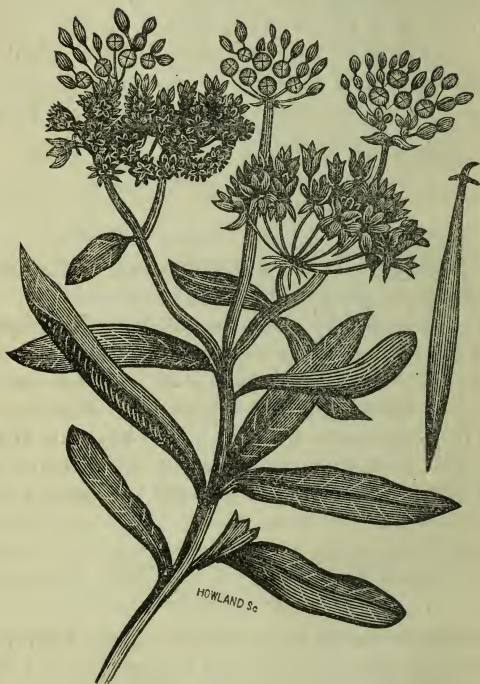
#### DAUCUS CAROTA—CARROT.

Wild Carrot, Gravel-herb.

The common carrot has a bristly stem, two or three feet in height, branching. The leaves are oblong and sharp, and disposed in opposite rows on the footstalks, of a pale green color. The flowers are white, bloom all summer, and arranged in large, umbrella-shaped bunches.

A decoction, made in the proportion of an ounce to a pint of the tops or roots, and drank during the twenty-four hours, has proved decidedly useful in gravel, diseases of the bladder and suppressed menstruation.

ASCLEPIAS TUBEROSA.



BUTTERFLY-WEED.

For these purposes it is used with much success throughout the country in domestic use, especially in New York State. In that form of irritation of the bladder which induces great pain in passing urine, arising from the application of blisters, it has given immediate relief. The roots boiled to a pulp and used as poultices, will change the foul smell and hardness of old ulcers, and often causes them to heal rapidly. Carrot-seeds contain a green, pungent, aromatic, bitter oil, and are useful in strengthening the stomach, easing it when oppressed by wind.

ASCLEPIAS TUBEROSA—BUTTERFLY-WEED.

Pleurisy-root, Flux-root, White-root, Silk-weed, Canada-root, and Orange Swallow-root.

This plant has a large, fleshy, crooked perennial root, of a whitish color, which sends up numerous colored stems to a height of about two feet. The leaves are scattered, hairy, of an oblong spear-shape, and have no footstalks. The flowers are of a bright orange color, arranged in flat terminal bunches at the top of the plant, and blossom in August. The fruit is a sharp pod filled with a silky down, which connect the flat egg-shaped seeds to the footstalks. One pound and a half of the seed-down will make a cubit foot of substance. The root is the medicinal substance, it is brittle when dry, and easily powdered; when fresh, it has an unpleasant nauseous smell.

The dose of the dried powder is from fifteen to twenty-five grains three times a day; of the decoction or infusion, made with one ounce to a quart of water, a wineglassful every four or five hours. An ounce of the root, boiled half an hour in a pint of milk, has been taken in tablespoonful doses. It derives its name of Pleurisy-root from being extensively used in cases of stitch in the side, and is supposed to act in a peculiar manner on the lungs, making the expectoration loose and free, and thus relieving the painful breathing in



pleurisy. It induces a moderate perspiration and flow of urine, and is useful in relieving pains in the chest. A wineglassful of the cold decoction acts as a mild purge to children. It is also given in colic, hysterics, dysentery, profuse menstruation, and in the very low stages of typhus fever, where all other remedies have failed in exciting perspiration. In the later stages of inflammation of the chest, and also catarrh, it has always a beneficial action, and has been used with success in asthma, rheumatism and worms.

Those who cultivate it should remember that it loves open situations, poor and gravelly soils, and thrives mostly along gravelly streams and hilly places. Most of the other silk-weeds possess the same properties.

#### ARISTOLOCHIA SERPENTARIA—VIRGINIAN SNAKE-ROOT.

Snake-weed and Snagrel.

This plant has a brown, knotty, perennial root, with long, small, yellow fibres. The stems, of which there are generally a number, are round, slender, jointed, and about a foot in height. The leaves are of an oblong heart-shape and awl-pointed, and of a pale green color. The flowerstalks spring from the root, or very near it, and bear flowers of a dull purple color, which bloom in July. The fruit is an ovalish box, divided into six cells, and containing many minute seeds. It should be looked for in shady woods.

The root has a pleasant, spicy smell, of the same nature, but much more agreeable than that of Valerian, and has a warm, bitterish, pungent taste. It is given in the form of infusion, an ounce to a pint, in a covered vessel. Dose, two tablespoonfuls drank warm every three or four hours. The dose of the powder is from eight to twenty grains, as frequently repeated.

As its name imports, it was used by the Indians to cure the bites of poisonous snakes, and for this purpose it is said to act by inducing a gentle perspiration, and raising the tone of the system. In the low stages of



fevers it is given to support strength and balance the general action. In fever and ague it is combined with the Peruvian or Willow barks, and not only enables the stomach to bear them, but perceptibly increases their effects. In remittent fevers some prefer it to the barks, but it can be used only in their low stages. In catarrh or influenza, rheumatism, and the eruptive diseases, it is much valued in domestic use, and given for these purposes always in the form of warm infusion. In bilious complaints it will check vomiting, relieve the deadly nausea, and tranquilize the stomach. In the extreme low stages of inflammation of the chest, it will often induce perspiration, and gently abate the symptoms that denote great sinking and prostration.

For this valuable plant may be substituted, when this is not procurable, the

#### DUTCHMAN'S PIPE-FLOWER, OR PIPE-VINE,

which grows to a considerable height, being a tall vine with large, smooth, heart-shaped leaves and brown flowers, resembling in appearance a common pipe with a three-lobed mouth, from which curious circumstance it has derived its name. Of this plant, the bark, seeds and roots, may be used instead of the Virginian Snake-root, their properties being very similar.

#### HYOCYAMUS NIGER—BLACK HENBANE.

Poison Tobacco, Fetid Nightshade.

This plant has a biennial, spindle-shaped, whitish root, which sends up the second year a round, stiff, branched stem, to the height of two feet. The leaves the first year lie on the ground, are of an oval shape, waved, sharp at the point, have large unequal teeth on their margins, and destitute of a footstalk. When the stem appears the second year, its lower leaves are similar to these, crowded and clasping the stem, but the upper ones are much smaller and narrower, and without the lobes. The whole plant is of a sea-green color,

hairy, glutinous and offensive in smell. The flowers form one-sided rows on the branches, coming out opposite to the leaves ; they are of a straw color, veined with purple, and bloom in July. The fruit is a rounded box, opening by a circular lid, and filled with oblong, small brownish seeds.

Since the period of the ancients this plant has been known as a violent poison of the kind that induces drowsiness and torpor. Horses, cattle, deer and swine eat it with safety, but it poisons rats. The whole plant is medicinal, but the seeds are most powerful. It is chiefly used in the form of extract and tincture. The extract is made by bruising the plant to obtain the juice, and boiling this down to a thick consistence. Its dose is from half a grain to three grains. The tincture is prepared by putting four ounces of the dried leaves into a pint of alcohol and a pint of water ; allowing to stand fourteen days, and filtering through paper. Dose, from five to twenty drops. If this plant is taken in too large doses, it acts at once on the brain, producing drowsiness, anxiety, headache, delirium, dilatation of the pupil, a deep sleep, sensation of falling, squinting, or else blindness, convulsions, apoplexy and death. The remedies should be an instant emetic of ipecac, or blue or white vitriol, given by the teaspoonful, and after vomiting is induced, drinking freely of lemon-juice or vinegar.

Given internally, in the doses as directed, Henbane has been used in epilepsy, spitting of blood, painter's colic, melancholy, cramps, swellings of the glands in various parts of the body, obstinate ulcerations, asthma, spasmodic coughs, and tic doloieux. The doses should always be extremely small at first, and the patient carefully watched, to see whether it brings on headache or laborious sleep, or any of the above described symptoms, when, if it does, its administration should be instantly stopped. Injections, in which there is a preparation of Henbane, should be given in a decoction with milk ; these are very efficacious in bowel complaints.

Externally, in the form of poultice or decoction, as hot as it can be borne, Henbane is used in painful swell-

ings, scrofulous ulcers, inflamed piles, indolent tumors, swelled breasts in women, where the milk has become hardened, inflamed eyes, cramps in the bowels, and over parts in which inflammation is deeply seated, and in inflammation of the kidneys, bowels, testicles, etc.

## CATALPA CORDIFOLIA—CATALPA-TREE.

Catawbaw-tree.

This is one of our most favorite shade trees, disputing the palm of precedence with the graceful *Ailanthus*. It grows to a height of from twenty to fifty feet, with a diameter varying from eight to thirty inches. It has smooth heart-shaped leaves, and beautiful white flowers, spotted with violet and yellow. Large bunches of these are put forth about May, in great profusion. It is said that this tree is dangerous when near bees, for that its flowers poison the honey.

The bark of this tree is said to strengthen the system and cure worms, in doses of from five to twenty grains: its wood is emetic. The leaves are used as soft, soothing poultices in nervous pains. A decoction of the pods, an ounce to a pint and a half of water, boiled to a pint and a quarter, taken by the tablespoonful, is useful in asthma. In the South its bark is used as an antidote to the bites of snakes and Machineel poison. It is chewed, and part of the juice swallowed, and part applied to the wound.

## LIRIODENDRON TULIPIFERA—TULIP-TREE

Canoe-wood, White-poplar Yellow-poplar, according to its variety.

This is an extremely valuable tree, both for ornament, art and medicine. It sometimes rises to the height of one hundred and twenty with a circumference of thirty feet, but more generally is only eighty feet, with a circumference of ten. The leaves have two side-lobes, and are cut off abruptly at the end. In June and July the large brilliant, tulip-shaped flowers make their

appearance in great numbers, and in the most gaudy colors, and are deliciously fragrant. The dark green leaves contrast beautifully with the flower.

The Osage Indians use the bark of the roots and the green seeds, in cases of fever, and worms in children. In medical properties it much resembles the Magnolia, but is less fragrant, though rather more astringent. It is given in divided doses of an ounce or two of the powder in fever and ague, every twenty-four hours. In low fevers, weak stomach, general debility, dyspepsia in its later stages, hysterics, dysentery, gout and rheumatism of long standing, it is extremely valuable. It is given in powder, infusion, tincture and extract; the inner bark of the root is the most powerful. A fine cordial is said to be made from it. It may be prepared, taken and combined in the same manner as Peruvian bark, under which head the proper directions may be found. Farriers say that given in substance to horses, it is a certain cure for the botts of horses. The seeds of the Tulip tree are laxative in their action. We are told that the leaves are used by the Cherokee Indians, made into a poultice, for the cure of various sores and ulcers. Sometimes they boil the leaves in lard, strain, and thus make a valuable application in cases of inflammations, though it is probable it would do more benefit to the ulcers. The extract of the root is said to equal Gentician. By eating the leaves cows give better milk.

#### SALIX—WILLOW.

This is an extremely valuable family of trees, equal in many respects to the celebrated Peruvian Cinchonas. The barks of all are bitter, astringent, and excellent in fever and ague. A valuable chemical salt is extracted from them, which is equal to Quinine; it is called Salicine. Three doses of this, six grains in each dose, given before the return of the fit, has cured fever and ague. The trees that yield the Peruvian bark have been so long and steadily in demand, and such enormous quantities used for the sake of the bark, that they are rap-



idly diminishing, and the time is not far distant when either no Quinine can be obtained at all. on any consideration, or else its cost will place it beyond the reach of those who have only ordinary means. In this emergency the Willows rise into notice, equally valuable with the Cinchonas, perhaps more so, from growing in the country where the diseases they cure originate. There are enough of them to furnish the demand, until all the available ground becomes cultivated, and fever and ague is no more heard of in the world.

The *Yellow* and *Swamp* Willows are mostly used with us, as affording a larger supply, and of better quality for medicinal purposes than any of the others, though the *Black* is also very valuable. The roots and bark are much used in bitters. The dose of the powder is from half an ounce to an ounce, repeated three times a day, or from two to four ounces may be taken in divided intervals during the paroxysms. Whenever it can be procured, the *Salacine* should be preferred. The decoction of an ounce to a pint and a half, boiled down to a pint, is used as a wash in the whites of women, and eruptive diseases of the skin; at the same time drinking an infusion of an ounce to a pint inwardly. These means often succeed in effecting a cure in such cases.

#### SALVIA OFFICINALIS—SAGE.

Cancer-weed.

This well-known domestic, perennial plant, with its rough, crimped, sharp, egg-shaped leaves, and few scattered whorls of blue flowers, which appear in July, is one of the most grateful mild tonics, or strengtheners of the system, that we possess. Given in powder, in doses of five grains, three or four times a day, it has a most happy, soothing effect. It gives tone to the stomach, quiets the nerves, predisposes to the regular healthy return of the monthly periods in women, raises the spirits in confirmed languor, and acts as a stomachic.

It is often applied externally, in the form of poultice,



to cure cancers, but for this it is absolutely useless. It may prove beneficial in this way to breasts in which the milk is hardened. The infusion may be taken instead of the powder, made in the proportion of two ounces to a pint of boiling water, in a covered vessel and strained. Dose, a tablespoonful at regular intervals. A weak infusion is useful in sore mouth, and soft and swelled gums.

#### CONIUM MACULATUM—HEMLOCK.

Poison Hemlock, Common Hemlock, Poison Parsley, and Spotted Parsley.

This plant has a long, biennial, spindle-shaped root which sends up a smooth, hollow, jointed, round stem, much branched, and covered with oblong, purplish dots. The leaves are smooth, arranged in doubly opposite rows on the footstalks, which terminate with an odd set. The leaflets are of a somewhat oval shape, and sharp-pointed. The flowers are small, of a white color, bloom in July and August, and arranged in terminating umbrella-shaped bunches. The leaves resemble Parsley so much as to give them a similar name.

The best mode of taking this plant is in the form of the powdered leaves, beginning with grain doses three times a day, and gradually increasing them. This leaf powder, to be beneficial, must be of a decided green color, or its operation cannot be relied on. The dose of the green extract is also one grain at the commencement. This plant will soothe the system, reduce cramps and relieve severe pain. In many cases it is given instead of opium, merely for the sake of temporary relief, having this advantage over it, that it does not bind the bowels. In foul ulcers of long standing, decayed bones, itch that has been driven in, rickets, unnatural swellings of the belly, dropsy of the joints, obstinate inflammation of the eyes and cataracts: in all these it has proved efficacious, and been highly recommended. Scrofulous tumors, and swelled testicles of long standing, have been removed by its use.

In *tic doloieux* it has afforded relief when everything else has failed. In mild cases of jaundice it has removed the yellowness and cured the disease. It also rids the passage of gall-stones, by relaxing the system and soothing the pain. Chronic, or long standing rheumatisms, and fixed and periodical pains, obtain relief by its employment. A poultice made with the expressed juice, or very strong decoction and oatmeal, has allayed, when put on the breast, the excruciating pains of a cancerous tumor, and thus given rest to the patient.

Various plans have been proposed to remove the uncertainty that prevails in regard to the strength of this medicine, but the following is considered the best. Gather the plant in July or August, when it is in flower; pick off the little leaves, and throw away the leaf-stalks; dry the small selected leaves in a hot sun, or in a tin or pewter dish, before the fire. Preserve them in bags made of strong brown paper, or else powder them, and keep the powder in glass vials which are put in a dark place, and have black paper pasted over their surfaces, for light dissipates the beautiful green color very soon, and with the color the medicine loses its appearance and efficacy.

This plant is mostly found in old fields, alongside of roads and fences, in damp grounds, and on the banks of rivers.

#### CICUTA MACULATA—AMERICAN HEMLOCK.

Snake-weed, Death-of-man, Water Parsley, Poison-root, Wild Hemlock and Children's-bane.

This plant has a perennial root, made up of many oblong fleshy tubers, the size of the finger. The stem is from two to six feet in height, hollow, jointed and striped, of a purplish green color, smooth surface, and branched. The leaves are smooth, composed of many leaflets, and clasp the stem as they rise from it. The leaflets are oblong in shape, cut on the margins, and awl-pointed. On the lower part of the plant the leaf-

stalks bear three sets, three in each of the leaflets, but on the upper part only one set. The white flowers appear in July and August; they are arranged in terminating umbrella-shaped bunches. The fruit is a little roundish ball, composed of two seeds.

Sometimes persons have taken the root of the plant by mistake, when engaged in searching for Sweet-flag, Sweet-cisely and Angelicá, and died in consequence, after a few hours. Violent fits, frothing at the mouth, bleeding nose, fixed eyes and dilated pupils, told the approach of death. Nature, in such cases, sometimes induces speedy vomiting, and the patient recovers in about a week, but for some time afterwards is rather pale and stupid. Tickling the throat and swallowing a large dose of ipecac, or a teaspoonful of white vitriol, should instantly be resorted to when the symptoms above described make their appearance. After vomiting is produced, give freely of lemon-juice or vinegar, and finish with a strong dose of castor oil, and if there is much weakness, a cup or two of strong coffee.

The American Hemlock is used in the same manner as the common Hemlock, from which it may be easily distinguished, by the shape of the leaves, and the striped, instead of spotted stem. The dose of the American Hemlock should, however, be only one half that of the Conium, as it is much stronger.

We are told that the Indians, when tired of life, dig up the roots of this plant and eat freely, expiring while chanting their death-song.

#### COCHLERIA ARMORACIA—HORSE RADISH.

Scurvy-grass.

This plant has a large, fleshy, perennial root, which sends up a stem three feet in height, supporting long spear-shaped leaves, which are toothed on their margins. The leaves that spring from the root are of an oblong shape, and much scalloped. The flowers are

white, blooming in May, and succeeded by elliptical pods.

Horse Radish is highly stimulant, exercising a peculiar effect on the secretions, especially the kidneys. It should be used as an article of diet by all afflicted in any way with gout, gravel or rheumatism. A tea made of the root, at the same time that it is rubbed externally on the parts, will cure dropsy, and sometimes palsy; it often blisters the skin. The hot infusion will act as an emetic, if nothing better can be procured. Made into a syrup, by means of sugar, it has been found useful in curing hoarseness.

#### HYDRASTIS CANADENSIS—TURMERIC-ROOT.

Yellow Puccoon, Yellow-root, Golden Seal, Ground Raspberry, Yellow-paint.  
Orange-root, Indian-paint, Eye-balm, and Yellow Eye-root.

This plant has a knobby, wrinkled, perennial root, of a yellow color, which sends up a round, hairy, simple straight stem, from nine inches to a foot in height, bearing, one above the other, two hand-shaped leaves, with from three to five lobes each. The flowerstalk comes off from the top of the stem, bearing at its extremity a single white flower, which blooms in May, and soon drops off, and is succeeded in due time by a red, juicy fruit, resembling a Raspberry. This plant is found in bog-meadows, rich shady woods, and in damp places on the side of hills, and in deep valleys. The root is the part used.

The Indians stain their skins and clothing with the rich yellow juice which flows from the roots. This juice has an exceedingly sharp, bitter, nauseous taste. It is much used in Ohio and Kentucky, (when diluted, an ounce to a pint or more of water,) as a wash for sore and inflamed eyes of long standing, and by the Indians considered as a specific in such disorders, who also apply it to ulcers. A tincture is made with it, by pouring on two ounces of the root, coarsely cut up, a pint of alcohol and a pint of water, allowing to stand fourteen



days, and filtering. This is used in doses of from twenty drops and upwards, in cases of jaundice and liver complaint. It is also used, in smaller doses, for giving tone to the stomach in dyspepsia. The Indians use the powder, in doses of five grains, to increase the discharge of urine in dropsy. The tincture is a domestic remedy for the same purpose. Applied to the skin in its fresh state, the juice will burn and blister.

#### HUMULUS LUPULUS—HOP.

Hops, Wild Hops, Hop-vine.

This plant has a perennial root, sending up an annual climbing stem, covered with small prickles, and turning from right to left. The leaves are rough, three-lobed, heart-shaped at base, and supported on long stalks. The numerous greenish flowers bloom in August, each producing in due time a single round seed. The flowers are the part used in medicine, though the whole plant possesses, in some degree, the same properties.

Hop-tea, made by pouring a quart of water on a handful of the flowers, has been given, in doses of a wineglassful, in gravel, bloody urine, or in the painful voiding of it, general weakness, rheumatism, and hysteric and other nervous complaints. In the weakness and tremors that follow drunkenness, it is excellent, and also in dyspepsia, acting by quieting pain, and at the same time giving strength. A king of England, when all other means of inducing sleep had failed, found repose by means of sleeping on pillows stuffed with Hops. To obviate the rustling of such pillows, I have seen country people sprinkle a little rum or brandy on the Hops. Poultices and hot fomentations made with them are common and valuable remedies for painful swellings, and it is said that an ointment of Hops is an excellent application in the last stages of cancer. The tincture is made by putting five ounces of Hops in a quart mixture of half alcohol and half water, allowing to stand fourteen days, and filtering. Dose, twenty to



forty drops. The dose of the extract is from three to ten grains.

#### HEPATICA TRILOBA—LIVERWORT.

Early Anemone, Liver-weed, Trefoil, Noble Liverwort.

This plant has fibrous, brown, perennial roots, from which spring, on long, hairy footstalks, three-lobed, smooth, leathery, evergreen leaves. The flowerstalks are from five to eight inches in length, about the length of the leafstalks, hairy and upright, bearing at their ends single bluish flowers, which appear in April, or earlier, often while the snow is falling. It is eminently a Northern plant, and common in woods, hills and mountains.

An ounce of the herb, infused in a quart of boiling water, makes a tea which is much used in liver complaints and fevers. Two ounces infused in a pint, with sugar enough added after straining to form a syrup, is a celebrated remedy in all the Northern American States, in coughs, colds, and diseases of the lungs of long standing. The strong infusion, drank cold, is taken in the Southern States for indigestion and melancholy.

#### SPIGELIA MARILANDICA—PINK-ROOT.

Carolina Pink, Starbloom, Indian Pink, Worm-root, Unstittla.

This plant has a perennial, yellow root, with many branched fibres in a bunch. From these are sent up a number of straight, smooth, four-sided stems, from ten to eighteen inches in height. The leaves have no footstalks, are placed opposite to each other, smooth, of a long, oval shape, and awl-pointed. There is generally but one single one-sided bunch of handsome flowers, an inch in length, of a bright scarlet color outside, but yellow within, each spreading out into five sharp pieces, like a golden star. They bloom in June and July. The fruit is a box with two round cells, and filled with small seeds.

The root is the part used in medicine, and has been introduced by the Cherokee Indians. When fresh, the plant is a violent narcotic poison, causing, in large doses, headache, dilatation of the pupil, flushed face, intoxication, stupor and delirium. As it dries, it loses much of these properties. It is best given in the form of warm infusion, half an ounce to a pint. Dose, from wineglassful to a gill; but as it will not purge by itself, it is best to add either Rhubarb or Senna. The dose of the powder is from eight to twelve grains, in honey or molasses. Half an ounce of Pink-root, and two ounces of Senna, infused for an hour or two in a pint of water, strained, and enough sugar added to form a syrup, makes a pleasant and useful remedy in the worm complaints and worm fevers of children. Dose, one or two tablespoonfuls. Not only is the infusion given for worms, but it is also used by the Osage Indians to a great extent in acute diseases, to promote perspiration and relieve pain. It is sometimes given in dysentery. A pint of wine, poured on an ounce of the leaves, allowed to stand a week and strained, is given in teaspoonful doses in fever and agues, and it is said, with remarkable advantage.

#### CORALLORHIZA ODONTORHIZA—CRAWLEY.

Dragon's-claw, Coral-teeth, Fever-root, Chicken's-toes.

This curious plant has no leaves, or anything green about it. The root is a collection of small, jointed, irregular, fleshy bulbs, branching like a piece of coral. From these rises a smooth, fleshy, striped flowerstalk, to the height of ten inches, bearing a spike of from twelve to twenty brownish green flowers, which bloom in July and August. The fruit is a large, strong-ribbed box or capsule. It should be looked for in old woods, or where there is much decaying herbage. A large quantity of it was found in a wood a mile north of Newark, N. J., by Drs. Smith and Elliot, of Brooklyn, L. I., to

whose kindness I am indebted for a minute account of its medicinal properties.

It is administered in even teaspoonfuls of the powdered root, given in any warming tea at varying intervals: the infusion should be drank as hot as it can be borne. In some cases it is mixed in equal quantities with the powdered root of *Asclepias Tuberosa*, (see page 69.) The gentlemen above named use it in various forms of fever, prefaced by an emetic; and thus given, say that "it is the best medicine for the cure of fevers with which they are acquainted." It induces a gentle and copious perspiration. In pleurisy and similar diseases, they have found it uniformly beneficial.

#### GALIUM APARINE—COMMON CLEAVERS.

Goose-grass.

This plant is well known on account of the bent bristles with which the whole herb is beset, making it cling to everything in its way. It has a weak stem, which is mostly found clinging to other plants; it rises three or four inches in height. The leaves are generally six or eight in number, set in a ring or whorl, of a broad spear-shape, with the mid-rib flattened, and resembling the keel of a boat. It bears a great number of small white flowers, which bloom in June. The root will dye a red color, and when eaten by birds, imparts a similar tinge to their bones.

It is generally used in the form of infusion, three ounces of the dried herb, on which a quart of lukewarm water should be poured; the whole taken when perfectly cold, in divided doses, in the course of twenty-four hours. It is a celebrated domestic remedy, where boils of various kinds break out over the body, in eruptive diseases of the skin, and where there are suppressions of urine or gravelly complaints.

It should be looked for in low grounds, and wet and damp places, and gathered and dried when in bloom.

## ULMUS FULVA—SLIPPERY ELM.

Sweet Elm, Red Elm.

This tree has a diameter of one or two feet, and a height of twenty or thirty. The branches are very rough, the leaves of an oblong egg-shape, awl-pointed, toothed on the margins, hairy on both sides, and, like the branches, very rough; they have a pleasant smell. The buds are covered with a yellowish rusty down. The flowers are without footstalks, of a reddish color, and bloom in April. The inner bark is the part used.

It is used in the form of tea, decoction and poultice. A jelly, similar to Arrow-root in qualities, and used for the same purposes, is made by stirring the bark, in the state of fine powder, in warm water. Slippery elm has long been celebrated for its efficacy as a drink in all affections of the bladder and bowels, and even inveterate eruptions of the skin. In sore throat, catarrh and painful voidance of urine, it is drank as hot as it can be borne. A teaspoonful of the powder, mixed with a teaspoonful of sugar, dissolved in water, is another favorite mode of using it. It is said to equal, in every respect, the best sarsaparilla, and to be more suitable than that article in the places where it is found!

Indian women, some two months before the period of child-birth, drink freely of the infusion, and ascribe to its efficacy their extremely easy labors. As an outward application, in the form of poultice, in sores, tumors and all painful swellings, it has long been highly valued. For this purpose, the green bark is bruised, or the dry cut in shreds, and boiled in water.

## VICIA FABÆ—WINDSOR-BEAN.

Garden-bean, Sweet-bean, Big-bean.

This plant has an annual root and straight stem, from two to six feet in height. The leafstalks have, at their base, an arrow-shaped appendage; they support from four to six leaflets of an oval shape and sharp-pointed. The flowers come off at the angles formed by



the leafstalks and stem. They are large, of a whitish color, with two fine black spots on the wings, and bloom in June. The pods are from three to eight inches long, filled with seeds of a flattened kidney-shape.

The flour of beans forms an extremely useful poultice for tumors, swelled glands and sores, where it is necessary to promote the flow of matter. Internally, beans are valuable, in complaints of the bladder and kidneys, and all persons addicted to such diseases, will find immense benefit by making beans a considerable article of diet.

#### ZANTHOXYLON AMERICANUM—PRICKLY ASH.

Toothache-tree, Pellitory, Yellow-wood, Suterberry.

This shrub varies from six to twelve feet in height, and has its branches armed with strong, sharp, brownish prickles. Each leafstalk bears about five pairs, with an odd one at the end, of egg-shaped leaves, smooth above, but downy beneath. The flowers are in small, umbrella-shaped bunches, of a greenish color, and come out in April and May, often before the leaves make their appearance.

All parts of the plant possess active properties. The leaves and fruit smell like lemon-rind. The bark is the part used in medicine; it possesses a pungent acrid taste, and has a spicy flavor. It is given in doses of the powder, five to ten grains, three times a day; or, on a pint of boiling water is poured an ounce of the bruised bark, and a wineglassful taken three times a day. This is the noted HANTOLA of the Western tribes of Indians, who use the bark of the root for colics, rheumatism, inward pains and toothache, and apply it externally, mixed with grease, over foul ulcers and sores. In ordinary practice it is given in small doses, to induce perspiration, and thus give relief in rheumatism. Made into a poultice, the bruised bark with boiling water, is efficacious in altering the character of malignant ulcers. Doses of the powder, as directed above, have been



given in fever and ague, with success. It is best to remit the doses, when there is a sense of much heat and burning in the stomach, while taking the bark.

#### ARTEMISIA ABSINTHIUM—COMMON WORMWOOD.

This well-known plant has an angular, branched stem, from which come off leaves, cut into various lance-shaped pieces, and bearing a bunch of nodding, yellow flowers. It is to be found among rubbish and by roadsides.

The whole plant has an intensely bitter taste. It is used in the forms of powder or infusion. Five to ten grains of the powder may be given for a dose, or a wine-glassful of an infusion made by pouring a pint of boiling water on an ounce of the herb. It is used in cramps, hysterics and worms. Taken every morning as above-directed, it is very beneficial in raising the tone of the stomach, and thus creating an excellent appetite. It is often given in cholera morbus, and also in jaundice. In confirmed melancholy and hypochondriac complaints, many physicians have tried its virtues with much success. An application made with water and the powdered herb, will often prevent swelling and discoloration after a severe bruise. A poultice made with hot vinegar and wormwood, is very serviceable in sprains and swellings of various kinds.

#### SAMBUCUS CANADENSIS—COMMON ELDER.

##### Black Elder.

This plant rises to the height of eight or ten feet. The stem is filled with a light porous pith. The leaf-stalks are smooth, and bear three or four pairs, with an odd one, of smooth, oblong-oval, awl-pointed leaves. The flowers, which are white, and of peculiar, heavy odor, are arranged in large flat-topped bunches. They bloom from May to July. The fruit is a dark purple berry. It abounds in waste grounds and thickets.

In the bowel-complaints of children and adults, the flowers are given in the form of infusion, made by pouring a pint of boiling water on an ounce of the leaves, and taken in wineglassful doses ; while at the same time a poultice is made with them, and applied to the bowels. The infusion is also useful in coughs, colds, rheumatism, gout, erysipelas and eruptive diseases, as it is soothing, quiets the nerves, and induces gentle perspiration. A poultice, made with the berries, is applied to bruises. They are also said to be useful in cases of dropsy. A syrup, made with the berries, is loosening to the bowels, and beneficial in complaints of the bladder, and nervous fevers. The leaves make a cooling ointment, and will cure the rot in sheep. The bark dyes a black color. Boiled, and applied to the cheeks, it is said to cure the toothache. Apply it hot.

#### ROBINIA PSEUDO-ACACIA—LOCUST-TREE.

This is one of the most elegant and graceful of American trees. It varies in diameter from one to four feet, and in height from twenty to eighty. The leafstalks bear from eight to twelve pairs of very smooth, fine, thin, oval leaflets. The flowers hang in clusters, and spread around an extremely agreeable odor. They bloom in May. The fruit is a narrow, flat pod, containing some half dozen small brown seeds.

The inner bark is said to have a sweetish taste, similar to liquorice, and to act as an emetic, cathartic, or pectoral medicine, inducing vomiting and purging, in relieving complaints of the chest, according to the dose in which it is given, simulating, in this respect, the Bone-set. It is much used for these purposes by the Indians and Negroes. The infusion of an ounce to a pint of boiling water, is taken in gill doses ; cold, when required to purge ; lukewarm, to vomit, and as hot as possible, to induce perspiration. An agreeable syrup is made with the blossoms, two ounces to a pint of boiling water, gently simmering an hour, straining, and

then adding sugar enough to thicken. This is laxative in wineglassful doses, and, taken by the teaspoonful eases pains in the chest and severe coughing.

#### SAPONARIA OFFICINALIS—SOAPWORT.

Bouncing-bet, Webb-weed.

This plant rises to the height of two or three feet, and even more, growing in many cases so tall as to fall down by its weight. The leaves come off opposite each other on the branches, and are of an oval spear-shape. The flowers come off in terminal bunches, are of a lightish pink color, and resemble the Pink. They bloom in July. The plant may be found by roadsides, or in neglected gardens. It is also frequently cultivated for purposes of ornament.

Soapwort has a bitter taste, and derives its name from the juice raising a lather in water, like soap. This lather will remove common stains and spots of grease. It is used in the form of infusion, two ounces to a pint of boiling water; the whole taken at intervals during twenty-four hours. It strengthens the stomach, induces gentle sweating, and acts favorably on the liver. In consequence, it is used in jaundice and other diseases of the liver, rheumatism, gout, and the whites of women, both externally and internally. The decoction forms a useful wash in scrofula, in which disease it is also extensively taken.

#### SPIREA TOMENTOSA—RED MEADOW-SWEET.

Hardhack, Steeple-bush, Rosy-bush, White-leaf.

This is a small shrub, having many straight, purplish, downy stems, which attain a height of two or three feet. The leaves are crowded, come off on opposite sides, one above the other, of an oval spear-shape, toothed on the margins, rough, and dark green or brownish above, but white and downy beneath. The flowers are arranged in dense, terminal clusters, of a pur-

plish color, and bloom in July and August. The fruit remains during the winter, and furnishes food for the snow-bird. The plant should be looked for in moist grounds and meadows. The whole plant is used, but the root may be omitted.

The Mohegan Indians hold this plant in high estimation, and from them it has been introduced to regular practice. The extract of it, prepared by the Shakers, is the preparation most used. This is given in doses of two to four grains, every three hours, in dysentery, diarrhea of long standing, weakness of the bowels and system, bleeding from the bowels, and cholera infantum. It binds up and strengthens at the same time. It may be given in the form of infusion, an ounce to a pint of boiling water. Dose, a wineglassful, or from three to six grains of the powder. In long standing bowel complaints, an ounce of the herb is infused with a pint of boiling milk, strained, when cold, and sugar enough added to sweeten, given by the tablespoonful. The Osage Indians chew the dry root and stems, to stop bleeding from the lungs; the women use the decoction in various female complaints, as a wash.

#### STATICE LIMONUM—AMERICAN THRIFT.

Marsh Rosemary, Marsh-root, Seaside Thrift, Ink-root, and Sea Lavender.

This plant has a large, fleshy, abrupt, perennial root, from which rises both the leaves and stem. The leaves are of a long spear-shape, waved, smooth, and awl-pointed. The flowerstalk rises about a foot in height, and supports at its top a dense, broad bunch of blue flowers, which bloom from August to October. The root is the part used in medicine. The plant should be sought for on the sea-shore, and near salt marshes.

It is used both in the form of infusion, syrup and tincture. To make the infusion, pour a pint of boiling water on half an ounce of the root, strain when cold. Dose, one or two teaspoonfuls, frequently repeated. To make the syrup, simmer the infusion a little time.



strain when hot, and add sugar enough to thicken. Dose, half a teaspoonful. The tincture is made by pouring a quart of a mixture, half alcohol and half water, on two ounces of the bruised root, allowing it to remain fourteen days, and filtering. Dose, from eight to twenty drops. In ulcers of the mouth and throat, flowing of blood from any part, relaxed bowels, chronic dysentery, general weakness and malignant sore throat, it has been extensively used. Applied as a wash, it is considered almost a specific in the sore throat of scarlet fever. It should not be given in the first stages of dysentery, or any other disease where there is much inflammatory action, but when it subsides in a measure, it becomes an invaluable application. The syrup is much the best form of internal administration.

#### PANAX QUINQUEFOLIUM—AMERICAN GINSENG.

Ginseng-root, Ninsin, Garantogen, Red-berry, Five-fingers, Gensang, Chinese Physic, Tartar-root.

This plant has a fleshy, yellowish-white perennial root, from two to seven inches in length. This sends up a round, smooth, straight stem, to the height of two feet, which divides into three leafstalks, each of which bears five leaflets, three large, of a wedge-shape and awl-pointed, and two much smaller, oval-shaped and awl-pointed. The flowers are supported on a tall, straight stalk, and arranged in a globular, umbrella-shaped bunch. They are of a white color, and bloom in June and July. The fruit is a red, two-lobed berry. It should be sought for in rocky places and mountainous woods. The root is the portion used.

This famous plant has its name taken from Chinese, which means *Man's Health*. The Tartars call it by a name signifying Queen of Plants. We are told that the Jesuits closely observed the Chinese plant, that was universally held in such high estimation, being worth there almost its weight in gold. Some of these Jesuits afterwards found out a similar plant in Canada; and making the fact known, it was collected in large quan



tities, towards the year 1720. The Chinese eagerly purchased it, paying for the first lots the enormous prices of one, two and three hundred dollars per pound! The great quantities sent lowered the price, as did also the fact of the Chinese finding it an inferior article to their own. Yet still, just one hundred years ago, it was selling at five dollars per pound. They have a peculiar manner of drying the large, yellow, forked roots, so as to be almost semi-transparent; and prepared in this way, it still sells well. The roots should not be taken up for use, until at least fifteen years old, and these only from a deep, rich soil.

There is a pleasant, spicy, camphor-like smell about the roots, and a sweet and pungent taste; they are used in the form of powder, infusion and tincture. The powder may be taken in doses of from ten to sixty grains. The infusion is made by pouring into a covered vessel a pint of boiling water, on two ounces of the roots. Dose, a wineglassful, frequently repeated. The tincture is made by adding to a quart mixture of half alcohol and half water, four ounces of the roots; allowing to stand fourteen days, and filtering. Dose, half a teaspoonful. It is probable that the plant was brought to America by the Tartar ancestors of our Indians, and it is used by them in the same manner as their Eastern brethren. For upwards of thousands of years, the Chinese medical authors have recommended the Ginseng in all cases where a grateful cordial stimulant and strengthener of the nerves is required, such as cold stomach and bowels, bellyache, dropsies, loss of appetite, troublesome dreams, fainting-fits, sudden fright and palpitation of the heart. It is considered by them a specific in confirmed melancholy, hypochondria, and all nervous and hysterical affections. Headache, dizziness, dimness of the eyes, low fevers, vomiting and dyspepsia are cured by its exhibition. A curious test is given by them relative to the discovery of the best kinds—that of not feeling tired by walking, so long as the roots are kept in the mouth, or chewed. The Indians use them in a similar manner to the Chinese, and

like them have a notion, that whatever woman takes them will be sure of a large family. American physicians have used them with success in convulsions, rush of blood to the head, dysentery, palsy and nervous affections. It is allowed that even the poorer kinds act so as to give tone to the stomach, restore the system and quiet the nerves. For these purposes they are exhibited with the most success in powder, mixed with an equal quantity of honey.

The higher classes in China and Tartary use the leaves of the Ginseng to form a grateful medical tea, in asthma, dyspepsia, and the low stages of fevers; our own physicians have used them with some benefit in the same manner. The tincture is mainly used by drunkards, to restore the tone of the stomach.

## VARIETIES OF PLANTS.

Plants are of three sorts: TREES, SHRUBS, and HERBS

These last are called *annual*, when they spring from seed, and expend all the nourishment they acquire in the production of flowers and fruit, perishing directly afterwards: such are most of the common garden flowers, peas, beans and cucumbers.

*Biennial*, when they spend the first season elaborating material, and the ensuing year consume it the same way as in the first, likewise perishing: such are onions, beets and carrots. These plants owe their peculiar forms to the accumulation of nourishment which is stored up in them. We wait until they have thus laid up a store, and then seize it for our own purposes, treating it like a vegetable hive, the roots being as full of nutriment as the hive is of honey.

*Perennial*, where the capital is not exhausted, the plant living on the interest, all of which it does not even spend, but increases every year: such are dahlias, orchises, trees and shrubs.

# THE USES OF PLANTS,

AND

## MODE OF PRESERVING THEM.

“So various,” says Stillingfleet, “is the appetite of animals, that there is scarcely any plant which is not chosen by some and left untouched by others. The horse gives up the Water Hemlock to the goat ; the cow gives up the Long-leaved Hemlock to the sheep ; the goat gives up the Monk’s-hood to the horse, and so forth ; for that which certain animals grow fat upon, others abhor as poison. Hence, no plant is actually poisonous, but only respectively. Thus the Spurge, that is obnoxious to man, is a most wholesome nourishment to the caterpillar. That animals may not destroy themselves for the want of knowing this law, each of them has such a delicacy of taste and smell, that they can easily distinguish what is pernicious from what is wholesome, and when it happens that different animals live upon the same plants, still one kind always leaves something for the other, as the mouths of all are not equally adapted to lay hold of the grass ; by which means there is sufficient food for all. To this may be referred an economical experiment well known to the Dutch, that when eight cows have been in a pasture, and can no longer get nourishment, two horses will do very well for some days ; and when nothing is left for the horses, four sheep will live upon it.”

“Nature,” says Flint, “has given birth to the greater number of poisonous plants and venomous animals on the borders of pestiferous marshes. May they not be placed there to absorb the poison from the air, putting in operation the machinery of life to lustrate it ? It is a well-known fact, that in humid and unhealthy districts, during the greatest heats, the atmosphere germinates the greatest number of insects, and that serpents are then most poisonous. Wherever corruption reigns, nature begins to put forth a vigorous vegetation,

and to scatter flowers, to conceal or neutralize it, and to create vast numbers of noxious insects and animals, probably, by absorbing the miasm, to restore the air to purity."

I have adduced these facts to show the little confidence that can be placed in Botanic gardens, and the superior qualities that must necessarily reside in herbs which grow naturally where they are effecting some object. Do not attempt to domesticate them, but seek them in their own homes, and you may then be assured of their virtues.

Herbists direct plants to be cut or dug up in dry weather, and strewed upon the floor of a loft, covered with cotton-bagging and sheets placed over them, to exclude both the air and light. By these means, according to the quantity of water they contain, they will be dried in from one to five days. They should now be well wrapped up in papers, which should be marked with the names and properties, and put away. Tight tin boxes are the best cabinets for their safe keeping. Some persons, who make a business of the matter, as soon as the water is evaporated, put the herbs into boxes of different dimensions, with false bottoms, suited to the quantity intended to be prepared. It is then subjected to the action of a powerful press, until the oil appears. After remaining in that state a few hours, both the bundle and false bottom are drawn out, and the bundle wrapped in air-tight paper and put into an air-tight box, to prevent any atmospheric action upon the herbs. Whitlaw says, that prepared in this manner, they may be kept fifty years without losing a trace of the physical powers they originally possessed.



IN various diseases the American Indians resort for cure to curiously-constructed vapor baths, made by placing on the floor or ground, in the centre of a close tent, a number of very hot stones. The patients sit in a circle round the heated stones, on which are now thrown herbs and water sprinkled by the hand. A dense, piercing, aromatic steam rises, inducing upon all within the close and confined atmosphere of the tent, a sensation suffocating in the extreme, ending in profuse perspiration and faintness. This mode of practice is generally very successful—so much so, indeed, that it has been borrowed from the Medicine-man by the European physician, who has formed various elegant modifications of it, combining an increased degree of comfort with greater power.

I have often found persons willing to be medicated in this way, who would absolutely refuse to take medicine by the stomach; and there are states of the stomach and bowels, besides this, which render dangerous its administration by the mouth. In all such cases, the vapor bath is of eminent service. When used in families, I generally direct them to fill a kettle over one-third full of water, and when the steam begins to issue from the spout, suspend the desired herbs in the upper part of the kettle, so as not to touch the water. This may be done by tying four or five strings to the bunch of herbs, and, lifting up the lid, letting it go down a little way, replacing the lid so as to hold the strings, will now keep it in the position wished.

The kettle should then be placed under a cane chair, on which the patient, entirely undressed, but enveloped, chair and all, in a blanket fastened around the neck, is sitting. The steam, as it rises from the boiling water, passes through the herbs, and imbibing their medicinal properties, rushes from the spout to ascend around the person of the patient. Perspiration is induced, and soon faintness is perceived, at which time he should be placed in a warm bed, and well covered up. The room should in all cases be free from currents of air. The drink may be either warm or cold.

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## MODE OF PRESERVING THEM.

“So various,” says Stillingfleet, “is the appetite of animals, that there is scarcely any plant which is not chosen by some and left untouched by others. The horse gives up the Water Hemlock to the goat; the cow gives up the Long-leaved Hemlock to the sheep; the goat gives up the Monk’s-hood to the horse, and so forth; for that which certain animals grow fat upon, others abhor as poison. Hence, no plant is actually poisonous, but only respectively. Thus the Spurge, that is obnoxious to man, is a most wholesome nourishment to the caterpillar. That animals may not destroy themselves for the want of knowing this law, each of them has such a delicacy of taste and smell, that they can easily distinguish what is pernicious from what is wholesome, and when it happens that different animals live upon the same plants, still one kind always leaves something for the other, as the mouths of all are not equally adapted to lay hold of the grass; by which means there is sufficient food for all. To this may be referred an economical experiment well known to the Dutch, that when eight cows have been in a pasture, and can no longer get nourishment, two horses will do very well for some days; and when nothing is left for the horses, four sheep will live upon it.”

“Nature,” says Flint, “has given birth to the greater number of poisonous plants and venomous animals on the borders of pestiferous marshes. May they not be placed there to absorb the poison from the air, putting in operation the machinery of life to lustrate it? It is a well-known fact, that in humid and unhealthy districts, during the greatest heats, the atmosphere germinates the greatest number of insects, and that serpents are then most poisonous. Wherever corruption reigns, nature begins to put forth a vigorous vegetation,

and to scatter flowers, to conceal or neutralize it, and to create vast numbers of noxious insects and animals, probably, by absorbing the miasm, to restore the air to purity."

I have adduced these facts to show the little confidence that can be placed in Botanic gardens, and the superior qualities that must necessarily reside in herbs which grow naturally where they are effecting some object. Do not attempt to domesticate them, but seek them in their own homes, and you may then be assured of their virtues.

Herbists direct plants to be cut or dug up in dry weather, and strewed upon the floor of a loft, covered with cotton-bagging and sheets placed over them, to exclude both the air and light. By these means, according to the quantity of water they contain, they will be dried in from one to five days. They should now be well wrapped up in papers, which should be marked with the names and properties, and put away. Tight tin boxes are the best cabinets for their safe keeping. Some persons, who make a business of the matter, as soon as the water is evaporated, put the herbs into boxes of different dimensions, with false bottoms, suited to the quantity intended to be prepared. It is then subjected to the action of a powerful press, until the oil appears. After remaining in that state a few hours, both the bundle and false bottom are drawn out, and the bundle wrapped in air-tight paper and put into an air-tight box, to prevent any atmospheric action upon the herbs. Whitlaw says, that prepared in this manner, they may be kept fifty years without losing a trace of the physical powers they originally possessed.



IN various diseases the American Indians resort for cure to curiously-constructed vapor baths, made by placing on the floor or ground, in the centre of a close tent, a number of very hot stones. The patients sit in a circle round the heated stones, on which are now thrown herbs and water sprinkled by the hand. A dense, piercing, aromatic steam rises, inducing upon all within the close and confined atmosphere of the tent, a sensation suffocating in the extreme, ending in profuse perspiration and faintness. This mode of practice is generally very successful—so much so, indeed, that it has been borrowed from the Medicine-man by the European physician, who has formed various elegant modifications of it, combining an increased degree of comfort with greater power.

I have often found persons willing to be medicated in this way, who would absolutely refuse to take medicine by the stomach; and there are states of the stomach and bowels, besides this, which render dangerous its administration by the mouth. In all such cases, the vapor bath is of eminent service. When used in families, I generally direct them to fill a kettle over one-third full of water, and when the steam begins to issue from the spout, suspend the desired herbs in the upper part of the kettle, so as not to touch the water. This may be done by tying four or five strings to the bunch of herbs, and, lifting up the lid, letting it go down a little way, replacing the lid so as to hold the strings, will now keep it in the position wished.

The kettle should then be placed under a cane chair, on which the patient, entirely undressed, but enveloped, chair and all, in a blanket fastened around the neck, is sitting. The steam, as it rises from the boiling water, passes through the herbs, and imbibing their medicinal properties, rushes from the spout to ascend around the person of the patient. Perspiration is induced, and soon faintness is perceived, at which time he should be placed in a warm bed, and well covered up. The room should in all cases be free from currents of air. The drink may be either warm or cold.



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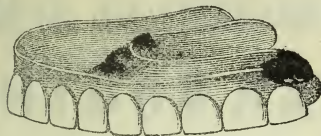
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## REFERENCES:

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| J. G. KIRK, Esq.,     | STRATFORD. |
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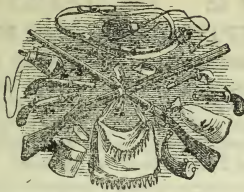
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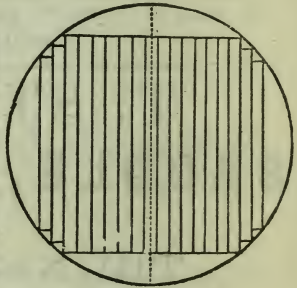
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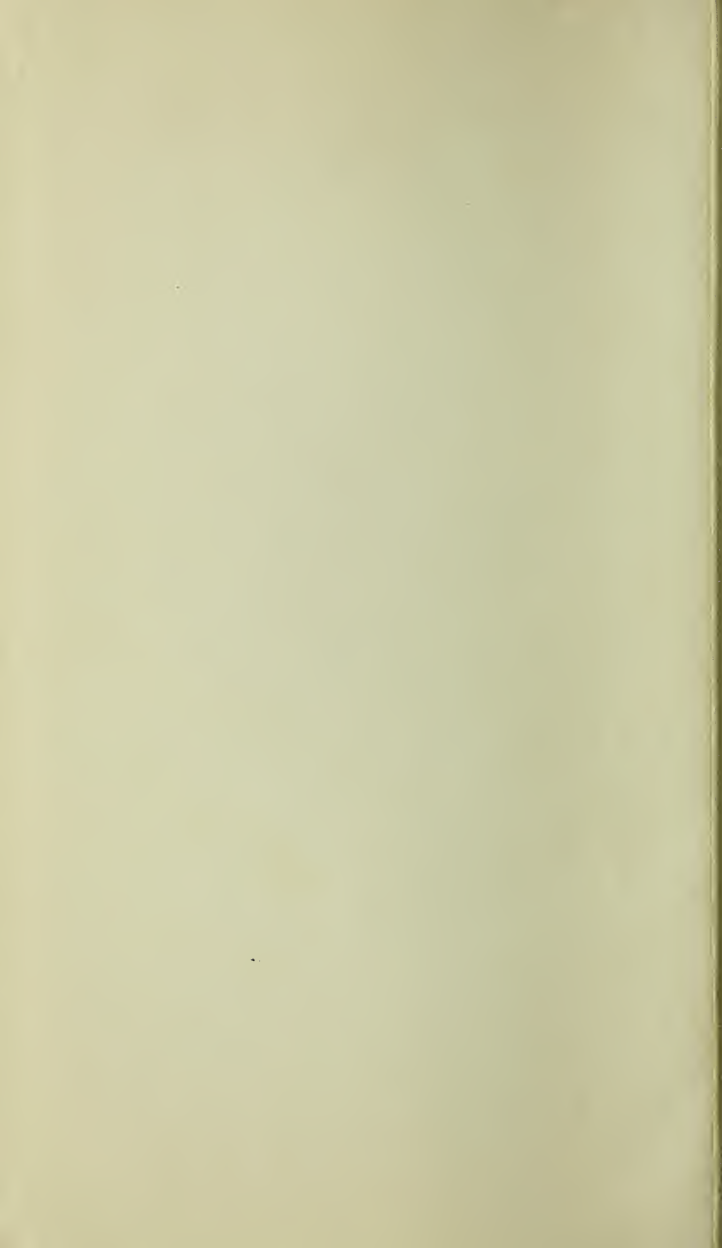
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